

Summer 2004

City of Belmont Parks & Recreation Summer Activities Guide

Enjoy our new
and improved
playgrounds!



Hastings Tot Lot



Community Learning Center



College View Park



Belmont Sports Complex tot lot



Twin Pines Park

We create community through people, parks and programs.



CITY OF BELMONT

Parks & Recreation Department

Activities Guide SUMMER 2004

1225 Ralston Ave.
Belmont, California 94002

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<http://www.belmont.gov/>
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Parks & Recreation Commission

Mike Dutto, Chairperson
Judy King, Vice Chairperson
Rich Bortoli, Commissioner
Margo Cheechoy, Commissioner
Jonathan Gervais, Commissioner
Jackie Kimmey, Youth Commissioner
Christopher Lyon, Youth Commissioner
Walt Shjeflo, Commissioner
Aimee Swanson, Commissioner

Arts Commission

Audrey Murray, Chairperson
Judie Davis, Vice Chairperson
Ann Besser, Commissioner
Karen Byrnes, Commissioner
Lisa Chin, Commissioner
Gardenia Kimmey, Commissioner
Kelly Torrans, Commissioner

Belmont Parks & Recreation Department's mission is to ensure and enhance the quality of life for the Belmont Community by providing cultural, social, and recreational opportunities in the City's parks, recreational facilities, and open space.

City Council

George Metropulos, Mayor
Dave Bauer, Vice-Mayor
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Phil Mathewson, Council Member
Dave Warden, Council Member

City Manager

Jere Kersnar

Parks & Recreation Staff

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Vern Holte, Recreation Superintendent
Henry Ruspil, Park Supervisor
George Brunson, Recreation Supervisor,
General Recreation
Mary Doherty, Recreation Supervisor,
General Recreation
Cheri Handley, Recreation Supervisor,
Senior Center
Linda Steenman, Recreation Supervisor,
Preschool
Francis Mason, Facilities Coordinator
Pietie Vreman, Senior Services Coordinator
Grace Saggau, Administrative Assistant
Karen Leonoudakis, Office Assistant

Meetings

City Council - 2nd & 4th Tuesday, 7:30pm
Senior & Community Center

Arts Commission - 3rd Monday, 7:00pm
Senior & Community Center

Park & Recreation Commission - 1st Wed., 7:30pm
Twin Pines Senior & Comm. Ctr. Belmont

The Parks and Recreation Department would like to extend a special invitation to you, your family and friends to visit and enjoy our many fine parks and recreation facilities. Our staff provides a wide range of recreational, cultural, and community service programs to serve all age groups. This Activities Guide is published to help maximize your opportunity to plan and participate in these programs.

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Many new classes and camps for youth and adults!

Community Learning Center

Programs Offered:

Our program offers child care to fit your schedule. Full-time, part-time, preschool and toddler programs are the options available. The program is designed to provide children with the opportunity to experience the satisfaction of learning and the warmth of friendship. Activities provide opportunities for growth in such areas as language, numbers, music, social skills and exploring the arts. A balance between structured activities and self-directed play is incorporated into the young child's day.

Location:

Barrett Community Center, Rooms 5, 8, & 9
1835 Belburn Drive, Belmont, CA 94002

For additional information, please call the
Community Learning Center at
(650)595-7448



Our Goals:

- Encourage the development of creativity
- Provide a happy learning and growing experience
- Promote a healthy self-concept
- Activities designed to meet children's needs interests and abilities

Preschool Program Tuition

CLASSIFICATION	AGES SERVED	DESCRIPTION	BELMONT RESIDENT	NON-RESIDENT
Full Day Care	3-5 years	Monday-Friday Between operation hours of 7:00am & 6:00pm	\$745 Monthly	\$760 Monthly
Part Time Care	3-5 years	Not to exceed 25 hours a week. Hours set with Director on enrollment	\$620 Monthly	\$635 Monthly
Hourly Care	3-5 years	Must be pre-scheduled monthly with hours approved by Director.	\$10.00 Hourly	\$10.00 Hourly
Preschool Program	3-5 years	Mon., Wed. & Fri. 9:00am - 11:45am	\$335 Monthly	\$345 Monthly
	3-5 years	OR 3:00pm - 5:00pm	\$260 Monthly	\$270 Monthly
Preschool Program	3-5 years	Tuesday, Thursday 9:00am - 11:45am	\$290 Monthly	\$300 Monthly
	3-5 years	OR 3:00pm - 5:00pm	\$225 Monthly	\$235 Monthly
Toddler Program 2 years Full Day Care		Monday-Friday Between operation hours of 7:00am & 6:00pm	\$765 Monthly	\$780 Monthly
Toddler Program 2 years Part Time Care		25 hours per week Set with Director upon enrollment	\$640 Monthly	\$655 Monthly

A registration fee of \$75 per child is payable upon enrollment. Children withdrawn from the program for a period greater than 4 months must resubmit enrollment fee. A 5% discount will be given to families with two or more children. Rates subject to change.

Linda Steenman-Preschool Director
Preschool License #410509243

Parent/child classes

New

New

PreNatal Yoga (15 or 7 Classes)

AGE: Adult in any stage of pregnancy

FEE: See Below

LOCATION: Dolphin Yoga & Doula Center, 380 El Camino Real, Belmont, CA; www.dolphinyoga.com

INSTRUCTOR: Lori Fermon

Prenatal yoga classes are open to all expectant mothers regardless of prior yoga experience. Classes focus on preparation of mind and body for the enormous demands of labor, childbirth and motherhood. Yogic breath and postures are designed to help ease common pregnancy discomforts, strengthen the muscles needed for labor and delivery, and increase circulation for improved energy efficiency. (No class on 5/31)

15 classes - \$122 Residents, \$137 Non-residents

2260.201 M & W 7-8am 5/10 - 6/30

2260.202 M & W 7-8am 7/7 - 8/25

7 classes - \$58 Residents, \$65 Non-residents

2260.203 Sat 11am -noon 5/15 - 6/26

2260.204 Sat 11am-noon 7/3 - 8/14

Infant Massage (5 Classes)

AGE: 4 weeks - 8 months with Parent

FEE: \$87 Residents, \$104 Non-residents

LAB FEE: \$8 for handouts & lullaby CD

LOCATION: Barrett Community Center, Annex

INSTRUCTOR: Vanessa Hajje

Infant Massage is a natural way to promote infant health, strengthen family bonds, and to create a future generation that is more caring and compassionate. Research shows that infants benefit psychosocially, developmentally and physiologically with infant massage. Class taught by Vanessa Hajje, who is an acupuncturist, massage therapist and Yoga instructor.

2244.201 Sat 11am-12pm 6/5 - 7/3

Kindermusik (6 Classes)

Village class

AGE: Newborn to 18 months with parent.

FEE: \$82 Residents, \$98 Non-residents

LOCATION: Barrett Comm Ctr, Rm D

INSTRUCTOR: Yvonne Liu, licensed educator

Learn about how music can stimulate brain development while singing and dancing with instruments and props. Babies and parents will delight in this multi-sensory learning environment. Lessons focus on basic musical concepts and also ASL signs.

0013.201 T 9:30 - 10:15am 6/8 - 7/13

Mom & Baby Yoga (8 Classes)

AGE: 4 weeks - 8 months with Parent

FEE: \$66 Residents, \$74 Non-residents

LOCATION: Dolphin Yoga & Doula Center, 380 El Camino Real, Belmont, CA, www.dolphinyoga.com

INSTRUCTOR: Lori Fermon

Mom & baby yoga classes are open to all postpartum mothers and their babies starting as early as 2-4 weeks through 6 months (or crawling age). *No exercise should be undertaken until absence of lochia.* Yogic breath and postures are designed to help alleviate common postpartum discomforts (i.e. shoulder strain), strengthen the muscles weakened during pregnancy, and increase circulation for improved energy efficiency. Mothers will learn safe yoga poses for their babies that help improve digestion, relieve gastric discomforts and overall relaxation.

2260.205 W 2-2:45pm 5/12 - 6/30

2260.206 W 2-2:45pm 7/7 - 8/25



Kindermusik (6 Classes)

Adventures class

AGE: 18 months - 4 years with parents

FEE: \$82 Residents, \$98 Non-residents

LAB FEE: \$35 covers CD, seashell castanets and music picture cards.

LOCATION: Barrett Comm Ctr, RmD

INSTRUCTOR: Yvonne Liu, licensed educator

Take a seaside trip with lessons like: On my beach blanket, Riding the waves and more. Music and movement activity highlights include crab walking, rolling beach balls, and dancing to the Sailor's Hornpipe.

0013.203 T 10:30-11:15 am 6/8 - 7/13

Register for all our classes through Parks & Recreation, 1225 Ralston Ave, 595-7441

Preschool/Youth classes

Parent & Me Ice Skating (7 or 5 Classes)

AGE: 3-5 years with parent

FEE: See Below

LOCATION: Belmont Iceland

INSTRUCTOR: Iceland staff

Now you can learn to skate with your little one, have quality time and get exercise together. Children have a blast learning to skate with Mom or Dad, and you have fun too! Fee includes skate rental, lesson and public skate on the day of your lesson! (No class on 5/29)

7 classes - \$79 Residents, \$94 Non-residents

0022.201	W	10-10:30am	4/14 - 5/26
0022.202	Sat	10:30-11am	4/17 - 6/5

5 classes - \$57 Residents, \$79 Non-residents

0022.203	W	10-10:30am	6/9 - 7/7
0022.204	Sat	10:30-11am	6/12 - 7/10

0022.205	W	10-10:30am	7/14 - 8/11
0022.206	Sat	10:30-11am	7/17 - 8/14



Gymnastics - Co-ed (7 or 8 Classes)

AGE: 3-5 yrs

FEE: See Below

LOCATION: San Mateo Gymnastic Club, 1306 Elmer St., Belmont (1 Blk E. of Old County off Ralston)

INSTRUCTOR: Staff of San Mateo Gymnastic Club

A program that encourages the development of gross motor skills, confidence, strength, coordination, and personal awareness in the pre-school child through basic gymnastic skills and exercise. Students will do tumbling, use bars, beam and vault.

7 classes - FEE: \$71 Residents, \$84 Non-residents

0014.202	F	9-9:45am	5/7 - 6/18
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8 classes - FEE: \$80 Residents, \$94 Non-residents

0014.203	Th	11-11:45am	6/24 - 8/12
0014.204	F	9-9:45am	6/25 - 8/13

Pre-Ballet (6 or 5 Classes)

AGE: 3 1/2 - 5 years

FEE: See Below

LOCATION: Barrett Community Ctr., MU

INSTRUCTOR: Leslie Marx, BFA Dance, ECE

Pre-ballet is an introduction to ballet. The basic positions and elementary steps will be taught. Movement, games, and imagination will be incorporated into the class. Listening skills, following directions, and grace are learned within this context. The primary goal is for each child to experience the joy of movement and music. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration class.

6 classes - \$47 Res., \$56 Non-res.

0028.201	T	3:45 - 4:15pm	5/11 - 6/15
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5 classes - \$40 Res., \$48 Non-res.

0028.202	T	3:45 - 4:15pm	7/13 - 8/10
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Dance Discovery (6 Classes)

AGE: 3 - 4 years

FEE: \$50 Residents, \$60 Non-residents

LOCATION: Barrett Comm. Ctr., Room A

INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

Exciting class for preschoolers to discover the magic of dance. Emphasis will be on learning the very basic movements of dance in a fun and safe environment. Pink leotard, tights and ballet shoes are required.

0020.201	Th	3:30 - 4:15pm	5/13 - 6/17
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Beg. Tap/Jazz/Ballet Combo (5 Classes)

AGE: See Below

FEE: \$42 Residents, \$50 Non-residents

LOCATION: Barrett Community Ctr. Rm. A

INSTRUCTOR: Teri Nash - Certified Dance Master Instructor

Come join this exciting and creative class. We will learn tap, jazz and ballet beginning steps. Parents and friends are invited to see a dance routine we will learn. Tap shoes and jazz or ballet shoes are required.

Ages 4, 5 years

1121.201	T	3:30 - 4:30pm	5/11 - 6/8
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Ages 5, 6 years

1121.202	Th	4:15-5:15pm	5/13 - 6/10
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Preschool/Youth classes

Ice Skating (7 or 5 Classes)

AGE: 3-6 years

FEE: See below

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn the basics of skating, including forward and backward skating and balancing on one foot. Skills are taught at an age appropriate level with a skating pro. Includes 1/2 hour lesson, skate rental and a free public session the day of the class. Arrive 15 minutes early for class. Warm, loose clothing and gloves or mittens necessary.

(No class 5/27, or 5/29)

Ages 3-6 years - 7 classes \$79 Res., \$94 Non-res.

1119.201	T	4-4:30 pm	4/13 - 5/25
1119.202	Th	6:45-7:15pm	4/15 - 6/3
1119.203	Sat	10-10:30am	4/17 - 6/5
1119.204	Sat	12-12:30pm	4/17 - 6/5

Ages 3-6 years - 5 classes \$57 Res., \$79 Non-res.

1119.205	T	5:30-6:00pm	6/8 - 7/6
1119.207	Th	6:45-7:15pm	6/10 - 7/8
1119.209	Sat	10-10:30am	6/12 - 7/10
1119.206	T	5:30-6:00pm	7/13 - 8/10
1119.208	Th	6:45-7:15pm	7/15 - 8/12
1119.210	Sat	10-10:30am	7/17 - 8/14

Kidz Love Soccer (6 or 9 Classes)

AGE: See below

FEE: See below

LOCATION: Cipriani School

INSTRUCTOR: Kidz Love Soccer staff

For 22 years we have been dedicated to teaching kids this popular game in a nurturing environment. We are committed to instilling skillful confidence in your young player. *Shin Guards required!*

5/1 - 6/12: 6 classes, \$58 Res., \$70 Non-res.

1134.201 - Tot soccer, 3.5 - 4 yrs	Sat	9:30-10am
1134.202 - Pre-soccer, 4-5 yrs	Sat	10-10:35am
1134.203 - Soccer I, 5-6 yrs	Sat	10:35-11:20am
1134.204 - Soccer II, 7-8 yrs	Sat	11:20-12:05p

6/19 - 8/14: 9 classes, \$88 Res., \$100 Non-res.

1134.205 - Tot soccer, 3.5 - 4 yrs	Sat	9:30 -10am
1134.206 - Pre-soccer, 4-5 yrs	Sat	10-10:35am
1134.207 - Soccer I, 5-6 yrs	Sat	10:35-11:20am
1134.208 - Soccer II, 7-8 yrs	Sat	11:20-12:05p

Expose your kids to a new sport!

Hockey Skills for Beginner (7 or 5 Classes)

AGE: 4-7 yrs

FEE: See Below

LOCATION: Belmont Iceland, 815 Old County Rd.

INSTRUCTOR: Belmont Iceland Staff

Learn the fundamentals of the great sport of ice hockey. We will focus on improving your skating skills and teaching you the basics of stick-handling and puck control. Skaters must be able to skate forward and understand the basics of stopping. See our "Learn to Skate" classes for these basics. No protective gear is necessary, but you may want to purchase a stick and helmet for maximum participation. Boys AND girls are welcome. (No class 5/29)

7 classes - \$79 Residents, \$94 Non-residents

1120.201	Sat	10-10:30am	4/17- 6/5
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5 classes - \$57 Residents, \$79 Non-residents

1120.202	Sat	10-10:30am	6/12 - 7/10
1120.203	Sat	10-10:30am	7/17 - 8/14

Hockey Skills for Beginner/Intermediate (7 or 5 Classes)

AGE: 8-12 yrs

FEE: See Below

LOCATION: Belmont Iceland

INSTRUCTOR: Belmont Iceland Staff

This is designed for the slightly more experienced hockey skater. We will focus on improving your skating skills and teaching you the basics of stick-handling and puck control. Skaters must be able to skate forward and understand the basics of stopping. No protective gear is necessary, but you may want to purchase a stick and helmet for maximum participation. Boys AND girls are welcome. (No class 5/29)

7 classes - \$79 Residents, \$94 Non-residents

1120.204	Sat	10:30-11am	4/17 - 6/5
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5 classes - \$57 Residents, \$79 Non-residents

1120.205	Sat	10:30-11am	6/12 - 7/10
1120.206	Sat	10:30-11am	7/17 -8/14

Youth Activities

Rock Climbing (5 Classes)

AGE: 5-8 or 9-13 years

FEE: \$105 Residents, \$125 Non-residents

LOCATION: Belmont Planite Granite

INSTRUCTOR: Planet Granite staff

Like fish to water! Parents know what natural climbers kids are, so we offer a 5-session program which introduces them to this great sport. Classes are designed so participants climb with children of their own age. A Planet Granite T-shirt is included. Parent/guardian must accompany child to the first class in order to sign release paperwork. *Ratio : 5 youth to 1 instructor.*

1125.201 - 5-8yrs	T	4-5:30pm	5/11 - 6/8
1125.202 - 9-13yrs	Th	4-5:30pm	5/13 - 6/10



Youth Beginning Fencing (5 Classes)

AGE: 8-12 (older or younger with permission)

FEE: \$62 Resident, \$74 Non-resident

LAB FEE: \$10 for equipment maintenance/repair

LOCATION: First Place Fencing Club, 626 El Camino Real - Suite 1-B, San Carlos, 954-3196.

INSTRUCTOR: Eric Dew, winner of Pacific Coast Championship - 2003, Instructor, National Fencing Official.

Boys and girls will develop the body, mind and spirit through learning the sport of fencing. Learn to be as imposing as a tiger, as quick as a snake, as sharp as an eagle. Have fun at the same time! *Instructor will provide weapon, jacket, mask, glove.*

1111.201	T	3:30 - 4:30pm	4/27 - 5/25
1111.202	W	3:30 - 4:30pm	4/28 - 5/26
1111.203	T	3:30 - 4:30pm	6/1 - 6/29
1111.204	W	3:30 - 4:30pm	6/2 - 6/30
1111.205	T	3:30 - 4:30pm	7/27 - 8/24
1111.206	W	3:30 - 4:30pm	7/28 - 8/25

Ice Skating (7 or 5 Classes)

AGE: 7-14 years

FEE: See Below

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn the basics of skating, including forward and backward skating and balancing on one foot. Skills are taught at an age appropriate level with a skating pro. Includes 1/2 hour lesson, skate rental and a free public session the day of the class. Arrive 15 minutes early for class. **Warm, loose clothing and gloves or mittens necessary.** (No class 5/27, or 5/29)

Ages 7-14 years - 7 classes \$79 Res, \$94 Non-res.

1119.211	T	4:30-5pm	4/13 - 5/25
1119.212	Th	6:45-7:15pm	4/15 - 6/3
1119.213	Sat	10-10:30pm	4/17 - 6/5
1119.214	Sat	12-12:30pm	4/17 - 6/5

Ages 7-14 years - 5 classes \$57 Res, \$79 Non-res.

1119.215	T	5:30-6:30pm	6/8 - 7/6
1119.216	Th	6:45-7:15pm	6/10 - 7/8
1119.217	Sat	10-10:30am	6/12 - 7/10
1119.218	T	5:30-6:30pm	7/13 - 8/10
1119.219	Th	6:45-7:15pm	7/15 - 8/12
1119.220	Sat	10-10:30am	7/17 - 8/14

Youth Competitive Fencing (5 Classes)

AGE: 8-12 (older or younger with permission)

FEE: \$62 Resident, \$74 Non-resident

LAB FEE: \$10 for equipment maintenance/repair

LOCATION: First Place Fencing Club, 626 El Camino Real - Suite 1-B, San Carlos, 954-3196.

INSTRUCTOR: Eric Dew, winner of Pacific Coast Championship - 2003, Instructor, National Fencing Official.

Master the use of the sword! This competitive fencing class will make young boys and girls into champion fencers. Take this class if you have previously taken the beginning fencing class. This class will provide some one-on-one instruction not available in the beginning class. *Instructor will provide weapon, jacket, mask, glove.*

1111.207	T	5-6pm	4/27 - 5/25
1111.211	W	5-6pm	4/28 - 5/26
1111.208	T	5-6pm	6/1 - 6/29
1111.209	W	5-6pm	6/2 - 6/30
1111.210	T	5-6pm	7/27 - 8/24

Youth Activities

Tap/Jazz Combo-Beg. (5 Classes)

AGE: 7-9 years
FEE: \$42 Residents, \$50 Non-resident
LOCATION: Barrett Community Ctr. Rm. A
INSTRUCTOR: Teri Nash - Certified Dance Master Instructor

Come join this exciting class, and enjoy dancing to your favorite music. We will learn both tap and jazz beginning steps. Parents and friends are invited to see a dance routine we will learn. Tap shoes and jazz or ballet shoes are required.

1121.205 F 3:30 - 4:30pm 5/14 - 6/11

Jazz Dance (5 Classes)

AGE: 10-12 years, (9 with experience)
FEE: \$42 Resident, \$50 Non-resident
LOCATION: Barrett Comm. Ctr., Rm A
INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

Come dance to your favorite music! Join this beginning jazz class and learn basic jazz steps. We will learn a dance routine that will be performed on the last day of class for family and friends. Dancewear and jazz shoes are required for this class.

1121.203 F 4:30-5:30pm 5/14 - 6/11

Ballet I (5 Classes)

AGE: 6-10 years
FEE: \$42 Residents, \$50 Non-residents
LOCATION: Barrett Community Ctr., Room A
INSTRUCTOR: Teri Nash

Come join our beginning ballet class for dancers ages 6-10. We will focus on correct ballet technique in a fun and supportive environment. Dancewear and ballet shoes are *required*. There will be a performance for family and friends on the last day.

1121.207 T 4:30 - 5:30pm 5/11 - 6/8

Introduction to Karate / Kung Fu (5 Classes)

AGE: 4 -16 years
FEE: \$147 Residents, \$167 Non-residents
Fee includes uniform and manual given at studio.
LOCATION: United Studios of Self Defense,
2043 Ralston Ave. (Carlmont Shopping Center)
INSTRUCTOR: USSD Staff

Boys and girls will develop good self-defense skills, greater self control, confidence, respect for others, stronger physical ability, and sharper mental discipline, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training will enroll at the studio. (No class on Monday, May 31)

1117.201 M 5-5:45pm 5/10 - 6/14
1117.202 M 5-5:45pm 6/21 - 7/19
1117.203 M 5-5:45pm 7/26 - 8/23

1117.204 T 5-5:45pm 5/11 - 6/15
1117.205 T 5-5:45pm 6/22 - 7/20
1117.206 T 5-5:45pm 7/27 - 8/24

1117.207 W 5-5:45pm 5/12 - 6/16
1117.208 W 5-5:45pm 6/23 - 7/21
1117.209 W 5-5:45pm 7/28 - 8/25

1117.210 Th 5-5:45pm 5/13 - 6/17
1117.211 Th 5-5:45pm 6/24 - 7/22
1117.212 Th 5-5:45pm 7/29 - 8/26

TaeKwonDo/Hapkido (4 Weeks)

New

AGE: 7-13 years
FEE: \$87 Residents, \$97 Non-residents
LOCATION: Bay Area Hapkido. 617 Mt View Ave,
Suite 8, Belmont, 341-4736 for more information.
INSTRUCTOR: Mike Agoff, 6th degree Black belt with
30 years martial arts, police academy instructor.

TaeKwonDo is known for its powerful hand strikes, blocks and dynamic kicks. Students will learn self-defense skills while improving coordination, flexibility and strength. They will then progress to Hapkido, known for its advanced self-defense skills including throwing, joint locks, pressure points, ground defense and others. Students may train up to 3 days per week.

1167.201 M W F 5:15 - 6:00pm 6/7 - 7/2
1167.202 M W F 5:15 - 6:00pm 7/12 - 8/6
1167.203 M W F 5:15 - 6:00pm 8/9 - 9/3

Swim Lessons

###Swim Program

REGISTRATION INSTRUCTIONS:

1. Select Session (dates of class).
2. Read the Class Level Description and Prerequisites to determine the initial placement of your child.
3. After determining your child's level, choose the class time listed for their level and write the class code number on the registration form.
4. Also list the Session selected on the registration form.
5. Be sure to list a second choice in case your first choice time slot is full. In this case you will be notified by phone.

LOCATION: **Carlmont High School Pool**, 1400 Alameda de las Pulgas

TIME: All classes meet for a half hour each day, Monday-Friday (No Class 7/5)

INSTRUCTORS: Belmont Parks and Recreation Certified Aquatics Staff

SUMMER SWIMMING LESSONS CLASS LEVEL DESCRIPTIONS & PREREQUISITES

Pre-Beginner I

Description: This class is designed to familiarize students with water safety and enhance a feeling of comfort in the pool.

Prerequisite: 3-5 years old and 24-inch shoulder height with no previous experience.

Pre-Beginner II

Description: The purpose of this class is to further develop student's knowledge of water safety and to increase the development of water skills.

Prerequisite: 3-5 years old and completed Pre-Beginner I OR can front float and swim 15 feet on stomach.

Level I

Description: The purpose is to help students feel comfortable in the water and to enjoy the water safely, while creating a sound foundation for aquatic safety skills.

Prerequisites: Pre-Beginner II Skills OR 6 years old with no previous experience.

Level II

Description: Instruction includes rhythmic breathing, floating, finning, arm strokes, turning over, deep water exploration, retrieve underwater objects, and safety skills.

Prerequisites: Level I Skills OR demonstrate front and back float.

Level III

Description: Instruction includes front crawl, back crawl, elementary backstroke, treading water, diving, bobbing and safety skills.

Prerequisites: Level II Skills AND adjusted to deep water; demonstrate front and back crawl 5 yards.

Level IV

Description: Instruction includes refinement of front crawl, back crawl, alternate kicks for treading water, basics of breaststroke, sidestroke, turns, diving, endurance building, introduction to CPR and rescue breathing and other safety skills.

Prerequisites: Level III Skills at twice the distance (10 yds), demonstrate elementary backstroke (5 yds), basic dive and tread water.

Level V

Description: Instruction includes alternate breathing, stride jump, swim for distances, open turns, increase endurance and skill treading water, feet-first surface dive and advanced safety skills.

Prerequisites: Level IV Skills at twice the distance, demonstrate front and back crawl (20 yds), elementary backstroke (10 yds), breaststroke and sidestroke (5 yds).

Level VI

Description: Instruction includes enhancing efficiency, endurance and ability to perform strokes, throwing and reaching rescue skills, advanced personal safety skills, swim continuously for 500 yards using any combination of strokes, in-water rescues using equipment, tread water for 5 minutes.

Prerequisites: Level V Skills at twice the distance and under water swim (5 yds), butterfly kick (10 yds) and tread water 2 minutes.

Level VII

Description: This class is designed to perfect strokes and to develop good fitness habits, with further development of conditioning, diving and rescue skills.

Prerequisites: Level VI completion and the ability to demonstrate all level VI requirements.

****NOTE:** Placement and advancement dependent upon instructor's evaluation. Students may advance during the course of the session.

During recreational swim,
anyone entering the pool area
must pay admission fee!

Swim Schedule

Session I 6/28 - 7/9 (no class 7/5) Fee: \$50 Residents \$60 Non-Residents	Session II 7/12 - 7/23 Fee: \$55 Residents \$65 Non-Residents	Session III 7/26 - 8/6 Fee: \$55 Residents \$65 Non-Residents	Session IV 8/9 - 8/20 Fee: \$55 Residents \$65 Non-Residents
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<u>CODE</u>	<u>TIME</u>	<u>DAY</u>	<u>CODE</u>	<u>TIME</u>	<u>DAY</u>
PRE BEGINNER I			PRE BEGINNER II		
9611.101	10:00-10:30 am	M-F	9612.101	10:00-10:30 am	M-F
9611.102	10:30-11:00 am	M-F	9612.102	10:30-11:00 am	M-F
9611.103	11:00-11:30 am	M-F	9612.103	11:00-11:30 am	M-F
9611.104	11:30-12:00 pm	M-F	9612.104	11:30-12:00 pm	M-F
9611.105	3:00-3:30 pm	M-F	9612.105	3:00-3:30 pm	M-F
9611.106	3:30-4:00 pm	M-F	9612.106	3:30-4:00 pm	M-F
9611.107	4:00-4:30 pm	M-F	9612.107	4:00-4:30 pm	M-F
9611.108	4:30-5:00pm	M-F	9612.108	4:30-5:00pm	M-F
LEVEL I			LEVEL II		
9711.102	10:00-10:30 am	M-F	9712.102	10:00-10:30 am	M-F
9711.103	10:30-11:00 am	M-F	9712.103	10:30-11:00 am	M-F
9711.104	11:00-11:30 am	M-F	9712.104	11:00-11:30 am	M-F
9711.105	11:30-12:00 pm	M-F	9712.105	11:30-12:00 pm	M-F
9711.106	3:00-3:30 pm	M-F	9712.106	3:00-3:30 pm	M-F
9711.107	3:30-4:00 pm	M-F	9712.107	3:30-4:00 pm	M-F
9711.108	4:00-4:30 pm	M-F	9712.108	4:00-4:30 pm	M-F
9711.109	4:30-5:00 pm	M-F	9712.109	4:30-5:00 pm	M-F
LEVEL III			LEVEL IV		
9811.103	10:00-10:30 am	M-F	9911.103	10:00-10:30 am	M-F
9811.104	10:30-11:00 am	M-F	9911.104	10:30-11:00 am	M-F
9811.105	11:00-11:30 am	M-F	9911.105	11:00-11:30 am	M-F
9811.106	3:00-3:30 pm	M-F	9911.106	3:00-3:30 pm	M-F
9811.107	3:30-4:00pm	M-F	9911.107	3:30-4:00 pm	M-F
9811.108	4:30-5:00pm	M-F	9911.108	4:30-5:00pm	M-F
LEVEL V			LEVEL VI		
9912.103	4:00-4:30 pm	M-F	9412.101	4:00-4:30 pm	M-F
9912.104	4:30-5:00 pm	M-F	9412.102	4:30-5:00pm	M-F
LEVEL VII					
9413.101	4:00-4:30 pm	M-F			
9413.102	4:30-5:00pm	M-F			

Lap Swim - New
6/28 - 8/20 (closed 7/5), 12 - 3pm
FEE: \$3 per visit
10 visit pass - \$25, 20 visit pass - \$50



PARENT-TOT CLASSES - A class for children 1-3 years old and their parent(s). A parent provides the instruction for the child with supervision and guidance from the swim instructor. Parents of younger infants may wish to consult with a pediatrician before enrolling.

CODE	TIME	DAY
9512.101	11:30-12:00 noon	M-F

Recreation Swimming

Fee: \$3.00 per person
1:00-3:00pm, M-F, 6/28-8/20
(No Rec Swim 7/5)

Anyone entering pool area must pay admission fee. Children under 10 years must be accompanied by an adult.

Youth Classes

New

Make a Movie for Kids (6 Classes)

AGE: 7-12 years

FEE: \$112 Residents, \$132 Non-residents

LAB FEE: \$20 payable to Instructor the 1st class, covers snacks, props, wrap party, videotapes.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Shelley Frost, videographer

As seen in the Chronicle and Independent, have you ever wanted to star in a movie, or create your own stories? Now you can! We'll choose our script, cast our characters, plan our costumes, make up and props. Then we'll rehearse action sequences and dialogue. Invite your friends and family to the Red Carpet Premiere, enjoy some popcorn and see yourself on the big screen.

1180.201 M, W & F 3:30-5pm 6/21 - 7/2

1180.202 M, W & F 3:30-5pm 7/26 - 8/6



Watercolors (5 Classes)

AGE: 7-14 years

FEE: \$42 Residents, \$50 Non-residents

LAB FEE: \$8 payable to the instructor at first class

LOCATION: Burton Park, San Carlos

INSTRUCTOR: Joanne Muller

In this class participants will learn to mix colors, as well as learn more techniques used in painting with watercolors. We will paint underwater scenes with tropical fish, still lifes, flowers and scenery. Continuing students will work on a different project.

1159.203 F 1:15 - 2:45pm 7/23 - 8/20

New

Calligraphy (5 Classes)

AGE: 8- 14 years

FEE: \$42 Residents, \$50 Non-residents

LAB FEE: \$7 covers art supplies and stamping materials, payable to instructor at first class.

LOCATION: Barrett Community Center, Rm C

INSTRUCTOR: Joanne Muller

Get creative with how you write! Learn the Roman Italic alphabet and continuing students may learn new alphabets or more Italic styles. We'll make stationary and greeting cards on the last day, using stamps and clip art.

1161.201 Th 3-4:30pm 7/1 - 7/29

New

Picture Book Illustration (5 Classes)

AGE: 8-14 years

FEE: \$42 Residents, \$50 Non-residents

LAB FEE: \$8 to cover art supplies and book printing fees, payable to instructor at 1st class.

LOCATION: Burton Park, San Carlos

INSTRUCTOR: Joanne Muller

Learn how picture books are illustrated and make one to take home! Each child will create his/her own picture book, illustrating a popular children's story. *This is a drawing class, rather than a writing class.* The instructor will write the story in calligraphy and have the books printed at a copy shop.

1159.204 F 3:15 - 4:45pm 5/21 - 6/18

Cartooning (4 classes)

AGE: 7-14 years

FEE: \$37 Residents, \$44 Non-residents

LAB FEE: \$6 for supplies payable to the instructor at first class

LOCATION: Burton Park, San Carlos

INSTRUCTOR: Joanne Muller

Wonder how cartoons are made? We will teach you how to create and develop cartoon characters like the animation artists create for movies & TV. Each child will make a cel and create a cartoon character. Returning students will make their own comic books and more advanced techniques of cartooning and animation.

1159.201 F 1:15 - 2:45 6/25 - 7/16

Summer fun camps

Young Explorers Camp (2 Weeks)

AGE: 4-6 years
 LOCATION: To be determined.
Monday through Fridays, times below.
 10:00am - 1:00pm OR 1:00 - 4:00pm
 DATES: Jun. 28 - Aug. 20, (No camp 7/5 - Session 1)
 FEE: Session 1: \$100 Res., \$115 Non-res. (no Camp 7/5)
 Morning or Afternoon
 Sessions 2-4: \$108 Res, \$123 Non-Res.
 Morning or Afternoon

Young children love the thrill and fascination of exploring the world around them. Each session will include crafts, indoor and outdoor games, singing, stories and more while focusing on a special theme. There is lots of fun in store for all! Children may enroll in either morning, afternoon, or both.

Session 1 - 6/28 - 7/9, (no camp 7/5)
A.M. 4430.201, P.M. - 4431.201

Session 2 - 7/12 - 7/23,
A.M. 4430.202, P.M. - 4431.202

Session 3 - 7/26 - 8/6
A.M. 4430.203, P.M. - 4431.203

Session 4 - 8/9 - 8/20
A.M. 4430.204, P.M. 4431.204

Twin Pines Day Camp (2 Weeks)

AGE: 7-11 years
 LOCATION: To be determined.
Monday - Friday, 10am - 4pm
 DATES: Jun 28 - Aug. 20, (no camp 7/5 - Session 1)
 FEE: Session 1: \$170 Residents,
 \$185 Non-Residents
 Session 2-4: \$189 Residents,
 \$204 Non-Residents

Twin Pines Day Camp offers two full weeks of camp activities including hiking, nature study and awareness, crafts, sports, special events, movies and swim days. A special trip is planned for each session (additional fee is required for special trip).

Session 1 - 6/28 - 7/9 (no camp 7/5)
 7-9 yrs #4420.201, - 10,11 yrs #4421.201

Session 2 - 7/12 - 7/23
 7-9 yrs #4420.202, - 10,11 yrs #4421.202

Session 3 - 7/26 - 8/6
 7-9 yrs #4420.203, - 10,11 yrs #4421.203

Session 4 - 8/9 - 8/20
 7-9 yrs #4420.204, - 10,11 yrs #4421.204



EXTENDED CAMP

(for both Day Camp & Young Explorers)

Extended child care hours are available from 8-10am and 4-6pm which will include fun games and supervised activities before and after camp with our experienced Recreation Leaders.

Same fee for A.M. or P.M. Sessions.

Session 1 - \$62 Res., \$72 Non-res.; Session 2-4 - \$68 Res., \$78 Non-res.

Session 1: 6/28 - 7/9 (no camp 7/5)

#4325.201 8-10 am

#4326.201 4-6pm

Session 2: 7/12 - 7/23

#4325.202 8-10 am

#4326.202 4-6 pm

Session 3: 7/26 - 8/6

#4325.203 8-10 am

#4326.203 4-6 pm

Session 4: 8/9 - 8/20

#4325.204 8-10 am

#4326.204 4-6 pm

Check out our website: www.belmont.gov for more up-to-date information

Summer fun camps

Kollage Visual Arts Camp (2 Weeks)

AGE: 6-8 years, 9-13 years

FEE: Session 1,3,4,5

\$242 Res. \$262 Non-res.

Session 2 - 6/30 - 7/11 - No Camp on 7/5,

\$218 Res. \$238 Non-res.

LOCATION: Barrett Comm. Center classrooms

INSTRUCTOR: Kollage staff

Summer can be fun and creative at Kollage's two-week visual arts camp. Students are encouraged to explore their creativity in painting, drawing, sculpture, and mixed media. From beginners to advanced students, an exciting adventure into imagination can be found in each camp session. Educate, enlighten, inspire, KOLLAGe. Bring a packed lunch every day.

PLEASE SPECIFY AGE ON REGISTRATION FORM.

6-12 years- age groups will split if sufficient enrollment.

4408.201	M - F	10am - 1pm	6/21 - 7/2
4408.202	T - F	10am - 1pm	7/6 - 7/16
4408.203	M - F	10am - 1pm	7/19 - 7/30
4408.204	M - F	10am - 1pm	8/2 - 8/13
4408.205	M - F	10am - 1pm	8/16 - 8/27

Traveling Camp (1 Week)

AGES: going into 6th, 7th, 8th grades

LOCATION: Barrett Community Center, Room E

TIME: 10am - 4pm, longer some dates, no camp 7/5

DATES - 1 week camps: Jun. 28 - Aug. 20.

More information coming this week school soon.

MUST PRE-REGISTER ONE WEEK PRIOR.

Camp will be cancelled if sufficient enrollment

is not met. No budget cuts.

This camp is designed for kids ages 11-14 who have outgrown our Day Camp and are looking for fun during the summer. Fun activities every day, and a major trip each week. Activities may include movies, barbecues, bowling, ice skating, miniature golf, pizza parties, shopping centers, video arcades and more. A schedule will be provided on the first day of each session. Most field trip costs are included but participants should bring extra spending money if desired for food or souvenirs.

Trips will include transportation on CalTrain and SAMTRANS.

More information available in our offices after May 1st.

Science Explorers Camp (1 Week)

AGE: 6-11 years

FEE: \$112 Residents \$133 Non-residents

LAB FEE: \$22 payable to the instructor at first class

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Steve Heuer

Have a 'blast' learning principles of science while doing hands-on wacky experiments. Join us for a week of afternoon hands-on fun involving all your senses.

1136.202 M - F 1:00 - 5:00pm end of Aug.

Sports Camp (1 Week)

AGE: 7-13 yrs

LOCATION: Ralston Middle School Gymnasium

FEE: Session 1, 3, 4 - \$102 Res., \$117 Non-res.

Session 2 - \$82 Res., \$97 Non-res.

This camp will offer a well-rounded selection of sports including: flag football, volleyball, basketball and indoor soccer. The emphasis will be on participation, and most of all - Fun!. Bring a sack lunch or snack daily!

(no camp Monday, 7/5)

4444.201	M - F	12:15-4pm	6/28 - 7/2
4444.202	T - F	12:15-4pm	7/6 - 7/9
4444.203	M - F	12:15-4pm	7/12 - 7/16
4444.204	M - F	12:15-4pm	7/19 - 7/23

Baseball Camp (1 Week)

AGE: 7-13 years

FEE: \$282 Res., \$297 Non-res.

LOCATION: Belmont Sports Complex

INSTRUCTOR: Randy Metheany and staff

This camp for boys and girls aged 7-13 years, will give the opportunity to sharpen and work on both fundamentals and fine points of baseball. Daily sportsmanship awards will be given. Fee includes instruction, camp T-shirt, daily lunch, and field trip to Giants game.

4447.201 M - F 9am - 2pm 8/2 - 8/6



Mike Roza Baseball Camp (1 Week)

AGE: 6-12 years

FEE: \$237 Residents, \$257 Non-residents

LOCATION: Belmont Sports Complex

INSTRUCTOR: Mike Roza, and other top coaches.

Designed for beginners or experienced players, we will be using a small group format by age and ability. Learn offensive and defensive drills, also the fundamentals of infield, outfield pitching, hitting, sliding and running the bases. All participants will receive camp T-shirt and prizes. *Bring lunch each day, tennis shoes, cleats, water, bat, glove and hat.* Call Mike at 324-9805 if any questions.

4415.201	M - F	9am - 3pm	7/5 - 7/9
4415.202	M - F	9am - 3pm	8/9 - 8/13

Summer fun camps

Dance Camp (5 Classes)

LOCATION: Barrett Community Ctr., Room A
INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

AGE: 5-7 years, **FEE:** \$67 Res., \$80 Non-res.

4500.204 M - F 10am - noon 7/26 - 7/30

Come learn ballet and tap dances just for your age group in an exciting week of Dance Camp. We will make crafts that we can use in our dances. Tap or hard soled shoes for the tap dances, and ballet shoes are recommended.

AGE: 8-12 years, **FEE:** \$132 Res., \$152 Non-res.

4500.205 M - F 1-5:00 pm 7/26 - 7/30

Come join us for an exciting week at Dance Camp. We'll learn jazz, musical theatre, hip-hop, ballet, rhythm tap and choreography. Designed for Beg. and Int. students.

Both Camps will perform dances for friends and family on the last day. Dance attire, and jazz or ballet shoes recommended. Snacks for the 8-12 years, and juice for the 5-7 years will be provided-bring a water bottle.

Camp Freeze Summer (1 week)

AGE: 4-6, or 7-14 years

FEE: \$152 Residents, \$174 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Iceland staff

This summer beat the heat and cool your feet. We've got the perfect summer activity, Ice Skating! Play games, build snowmen, paint on the ice, and perform a program for parents at the end of the week! Ratio of student to instructor - ages 4-6: 5 kids per Instructor,

7-14 years: 10 kids per Instructor.

4442.201 M-F 12:30 - 4:30pm 6/21- 6/25

4442.202 M-F 12:30 - 4:30pm 7/12 - 7/16

4442.203 M-F 12:30 - 4:30pm 7/26 - 7/30

4442.204 M-F 12:30 - 4:30pm 8/9 - 8/13

Rock Climbing Camp (5 Classes)

AGE: 6-8 or 9-13 years

FEE: \$105 Residents, \$125 Non-residents

LOCATION: Belmont Planite Granite

INSTRUCTOR: Planet Granite staff

Like fish to water! Parents know what natural climbers kids are, so we offer a 5-session program which introduces them to this great sport. Classes are designed so participants climb with children of their own age. Planet Granite T-shirt is included. Parent must attend the first class with minor in order to sign release paperwork. Ratio - 5 youth to 1 instructor.

Ages 5-8 years

4501.201 M-F 10:30 - noon 6/28 - 7/2

Ages 9-13 years

4501.203 M-F 10:30 - noon 6/28 - 7/2

Soccer Camp (1 Week)

INSTRUCTOR: Tony Igwe

LOCATION: Belmont Sports Complex

Monday thru Friday, DATES - See below

AGES AND FEES:

June 28 - July 2

5-6 yrs. Pee Wee Camp: #4483.201, 9am-noon, \$107

7-15 yrs. Half Day - 4483.202, 9am - 1pm, \$142

Full Day - 4483.203, 9am - 4pm, \$187

July 19 - 23rd

5-6 yrs. Pee Wee Camp: #4483.204, 9am-noon, \$107

7-15 yrs. Half Day - 4483.205, 9am - 1pm, \$142

Full Day - 4483.206, 9am - 4pm, \$187

Tony's WASA soccer camp offers Pee Wee's basic soccer rules, skills and holds practice games, with focus on coordination with increased conditioning. The beginning and advanced players will have the opportunity to develop their game with focus on kicking, dribbling, heading, shooting and overall stamina. Camp includes strategy sessions, video playback and organizational exercises. Each participant will receive a T-shirt and a soccer ball. High school players will receive an evaluation from a college recruiter.

Extended hours for camp 7:30-9am, & 4-5pm

Monday - Friday, 4483.207 - \$40



Elite Soccer Camp (5 Classes)

AGE: 12 - 17 years

FEE: \$154 Residents, \$174 Non-residents

LOCATION: Ralston Middle School

INSTRUCTOR: Tony Igwe or college coaches

This is for serious soccer players who want to improve their skills. Training includes drills to build on technical abilities and ball work to improve passing, trapping, shooting, heading, footwork drills, One vs One and up. Middle - high school age, CYSA or AYSO Class I players are encouraged to enroll.

4483.208 M-F 4:30 - 7:30pm 6/28 - 7/2

4483.209 M-F 4:30 - 7:30pm 7/19 - 7/23

Check our website at www.belmont.gov for more up-to-date information

Youth/Adult Tennis

LOCATION: Carlmont High School Court #7

INSTRUCTOR: Stanford's Whitlinger Tennis Staff

Summer Tennis classes (4 Classes)

FEE: \$49 Resident, \$57 Non-resident
Summer classes are 6 hours of instruction for classes of four to eight students.
Each student provides their own racket.

Adult Lessons (AGE: 15+)

Novice:

2256.201	Sat	9 - 10:30am	6/26 - 7/17
2256.202	Sat	9 - 10:30am	7/24 - 8/14

Low Intermediate:

2257.201	Sat	10:30 - noon	6/26 - 7/17
2257.202	Sat	10:30 - noon	7/24 - 8/14

Youth Lessons (AGE: 9 -14 yrs)

Novice:

1122.201	Sat	2 - 3:30pm	6/26 - 7/17
1122.202	Sat	2 - 3:30pm	7/24 - 8/14

Low Intermediate:

1123.201	Sat	3:30 - 5pm	6/26 - 7/17
1123.202	Sat	3:30 - 5pm	7/24 - 8/14

Terrific Tiny Tennis

AGE: 5-8 years

Same location, and fees as noted to the left.

Children five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. *Groups of only 3-6 students.*

(4 Classes) - Ages 5, 6

0024.201	Sat	8 - 9am	6/26 - 7/17
0024.202	Sat	8 - 9am	7/24 - 8/14

(4 Classes) - Ages 7, 8

0024.203	Sat	1 - 2pm	6/26 - 7/17
0024.204	Sat	1 - 2pm	7/24 - 8/14

Tennis Rain/Cancellation Policy

In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for make-up date. Unless notified otherwise, any make-up(s) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Note: If the earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

Individual Tennis Lessons

Work on your skills one on one with individualized lessons based on your needs, held at Alexander Park. All ages welcome, beginners to advanced. \$57 per hour-2257.203,\$152 for 3 one-hour lessons 2257.204. To arrange a lesson, please call Parks & Recreation at (650) 595-7441.

Teen Drop-In Program

To all middle school youth! Are you looking for fun like foosball, video games, pool, basketball, ping pong or just hanging out with friends? Come to Barrett Community Center, Room E (Blue Room) from Jun. 29 - Aug. 19th on Tues. and Thur. from 6-8pm. **FREE**

Summer In The Parks Playground Program

Unfortunately, due to budget reductions we will not be able to offer this program this summer. Please enjoy our parks and camp programs this summer on pages 6-15.

Adult Sports

Beginning Golf (5 Classes)

AGE: 15+

FEE: \$72 Residents, \$86 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course – 366-4760

INSTRUCTOR: Bill Womeldorf

Learn and practice golf in a fun and easy way with positive results. The goal is to gain the confidence to play a short course and have the knowledge and feel of all swings. Classes meet weekly. Four one-hour golf classes and one nine-hole playing class. For those with little or no golf course experience. All equipment provided. First class held rain or shine. OTHER TIMES AND DAYS AVAILABLE. A \$13 greens fee payable for the play class only. Call (650) 368-7820 for additional information.

2246.201	T	9-10am	4/20 - 5/18
2246.202	W	9-10am	4/21 - 5/19
2246.203	Th	9-10am	4/22 - 5/20
2246.204	Sat	8-9am	4/24 - 5/22
2246.205	Sat	10:30-11:30am	4/24 - 5/22
2246.206	T	9-10am	6/1 - 6/29
2246.207	W	9-10am	6/2 - 6/30
2246.208	Th	9-10am	6/3 - 7/1
2246.209	Sat	8-9am	6/5 - 7/3
2246.210	Sat	10:30-11:30am	6/5 - 7/3
2246.211	T	9-10am	7/6 - 8/3
2246.212	W	9-10am	7/7 - 8/4
2246.213	Th	9-10am	7/8 - 8/5
2246.214	Sat	8-9am	7/10 - 8/7
2246.215	Sat	10:30-11:30am	7/10 - 8/7
2246.216	T	9-10am	8/10 - 9/7
2246.217	W	9-10am	8/11 - 9/8
2246.218	Th	9-10am	8/12 - 9/9
2246.219	Sat	8-9am	8/14 - 9/11
2246.220	Sat	10:30-11:30am	8/14 - 9/11

Swing Improvement (5 Classes)

Fees and location same as Beg. Golf

Learn how simple, fun and easy it can be to improve your game. A swing routine (swing ritual) is learned and repeated to aid the golfer whether practicing or playing. 4 one-hour group lessons, and one 9-hole playing class.

2247.201	T	10:15-11:15am	4/20 - 5/18
2247.202	W	10:15-11:15am	4/21 - 5/19
2247.203	Th	10:15-11:15am	4/22 - 5/20
2247.204	Sat	9:15-10:15am	4/24 - 5/22
2247.205	T	10:15-11:15am	6/1 - 6/29
2247.206	W	10:15-11:15am	6/2 - 6/30
2247.207	Th	10:15-11:15am	6/3 - 7/1
2247.208	Sat	9:15-10:15am	6/5 - 7/3
2247.209	T	10:15-11:15am	7/6 - 8/3
2247.210	W	10:15-11:15am	7/7 - 8/4
2247.211	Th	10:15-11:15am	7/8 - 8/5
2247.212	Sat	9:15-10:15am	7/10 - 8/7
2247.213	T	10:15-11:15am	8/10 - 9/7
2247.214	W	10:15-11:15am	8/11 - 9/8
2247.215	Th	10:15-11:15am	8/12 - 9/9
2247.216	Sat	9:15-10:15am	8/14 - 9/11

SAN CARLOS/BELMONT MOTHERS' CLUB (SCBMC)

The SCBMC is a non-profit, volunteer-run organization dedicated to helping mothers. It provides resources to mothers of young children, including monthly meetings, newsletters, email group, playgroups, crafts, family outings, babysitting co-op, "in-a-pinch" assistance and others. The SCBMC also supports local charities and community events. Meetings are on the third Thursday of each month at the Twin Pines Senior and Community Center in Belmont at 7:00 p.m.

Contact: www.belmont.gov/orgs/mc, (650) 361-0499 or scbmomsclub@yahoo.com.

Note the new phone number.

Adult Activities

Beginning Adult Fencing (5 Classes)

AGE: 13 +

FEE: \$87 Resident, \$91 Non-resident

LAB FEE: \$10 for equipment maintenance/repair

LOCATION: First Place Fencing Club, 626 El Camino Real - Suite 1-B, San Carlos, 954-3196.

INSTRUCTOR: Eric Dew, winner of Pacific Coast Championship - 2003, Instructor, National Fencing Official.

Tired of the same old repetitive exercise program? Learn the fast and exciting sport of Fencing. Firm up those legs and buns while figuring out how to defeat your opponent who wants to slice and dice you! Discover your inner strength, develop your outer strength while enjoying the puzzle that is fencing. *Instructor will provide weapon, jacket, mask, glove.*

2239.201	T	7-8:30pm	4/27 - 5/25
2239.202	W	7-8:30pm	4/28 - 5/26
2239.203	T	7-8:30pm	6/1 - 6/29
2239.204	W	7-8:30pm	6/2 - 6/30
2239.205	T	7-8:30pm	7/27 - 8/24
2239.206	W	7-8:30pm	7/28 - 8/25

Beginning Ice Skating (7 or 5 Classes)

AGE: 14+

FEE: See Below

LOCATION: Belmont Iceland

INSTRUCTOR: Belmont Iceland Staff

Learn the basics of skating including forward and backward and balancing on one foot. Fee includes skate rental and public session the day of your lesson. **Please arrive 15 minutes early for your lesson.** (No class 5/27, 5/29)

7 classes - \$79 Resident, \$94 Non-residents

2252.201	Th	6:45-7:15pm	4/15 - 6/3
2252.202	Sat	10-10:30am	4/17 - 6/5

5 classes - \$57 Resident, \$68 Non-residents

2252.203	T	5:30-6pm	6/8 - 7/6
2252.204	Th	6:45-7:15pm	6/10 - 7/8
2252.205	Sat	10-10:30am	6/12 - 7/10
2252.206	T	5:30-6pm	7/13 - 8/10
2252.207	Th	6:45-7:15pm	7/15 - 8/12
2252.208	Sat	10-10:30am	7/17 - 8/14

Hatha Yoga (10 Classes)

AGE: 16+

FEE: \$79 Residents, \$95 Non-residents

LOCATION: Twin Pines Lodge #1

INSTRUCTOR: Cheryl Cooper

Yoga is the exercise for everyone regardless of age or physical ability. The class is designed to help release tension, stress, and untie those knots with special emphasis placed on relaxation through breath control. Expect to firm and strengthen your body and improve contours. Bring a mat and wear comfortable clothing.

(No class on 7/5)

2242.202	M	7:00-8:25pm	6/21 - 8/23
2242.203	T	7:00-8:25pm	6/22 - 8/24
2242.204	W	7:00-8:25pm	6/23 - 8/25
2242.205	Th	7:00-8:25pm	6/24 - 8/26

Wake Up with Yoga (10 Classes)

AGE: 16+

FEE: \$79 Residents, \$95 Non-residents

LOCATION: Fri: Twin Pines Lodge

Yoga breathing, yoga stretches and yoga postures are still the main emphasis of this class but with something new! Class will include light hand weights used for a portion of the class done slowly and thoughtfully to gain upper body strength and help to ward off osteoporosis in later life.

2242.206	F	10:00-11:30am	6/25 - 8/27
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Adult Activities

Beginning & Intermediate Tai Chi Chuan (8 or 6 Classes)

AGE: 18+

FEE: See Below

LOCATION: Barrett Community Center, Room Multi

INSTRUCTOR: Elliotte Mao & Chi-Ping Peng

Tai Chi Chuan is an ancient oriental exercise that has reached enormous popularity due to its gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of graceful and thoughtfully choreographed moves, this unique father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing.

8 classes - \$75 Residents, \$89 Non-residents

2233.201- Beg. Th 7:00-7:45pm 5/13 - 7/1

2233.202-Int/Adv. Th 7:45 - 8:30pm 5/13 - 7/1

6 classes - \$57 Residents, \$68 Non-residents

2233.203- Beg. Th 7:00-7:45pm 7/15 - 8/19

2233.204-Int/Adv. Th 7:45 - 8:30pm 7/15 - 8/19

New

Hapkido (4 Weeks)

AGE: 14 + years

FEE: \$87 Residents, \$97 Non-residents

LOCATION: Bay Area Hapkido. 617 Mt View Ave, Suite 8, Belmont, 341-4736 for more information.

INSTRUCTOR: Mike Agoff, 6th degree Black belt with 30 years martial arts, police academy instructor.

Hapkido is a complete martial art consisting of kicks, punches, throws, joint locks, pressure point techniques, ground defense and more. Hapkido uses the best, most effective techniques from the other Martial Arts refining them into a fluid form of its own. Students will learn self-defense while improving coordination, flexibility, and strength; self confidence, discipline and concentration. Students may train up to 3 days per week.

2238.201 M W F 6:45 - 8:15m 6/7 - 7/2

2238.202 M W F 6:45 - 8:15pm 7/12 - 8/6

2238.203 M W F 6:45 - 8:15pm 8/9 - 9/3

Pilates-Based Mat Class (6 Classes)

AGE: 18+

FEE: \$57 Residents, \$68 Non-residents

LOCATION: Barrett Community Ctr., Room B

INSTRUCTOR: Joann Lindsey, certified trainer, 20 yrs teaching group fitness.

This class focuses on developing "core" strength, the deep abdominal and back muscles using Pilates-based exercises as well as general fitness core exercises. The focus is on safe and effective body alignment in addition to developing strength with resistance. Elastic bands will be provided to assist with exercises from Pilates equipment. Suitable for most adult age groups and fitness levels. Please bring floor mat, towel, water bottle and 3 or 5 lb hand weights. **(No class on May 31)**

2216.201 M 6-7:00pm 5/10 - 6/21

Total Body Conditioning (6 Classes) resistance with bands

AGE: 18+

FEE: \$57 Residents, \$68 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Joann Lindsey, certified trainer, 20 yrs teaching group fitness.

In this popular class, we will focus on a full-body, safe workout strengthening upper and lower body, using resistance with hand-held weights and elastic bands. The class will also consist of fun low endurance movements to elevate heart rate and assist in burning those unwanted calories! All exercises are suited for most fitness levels. Bring water and your own 3 or 5 pound weights to class; elastic bands will be provided.

2216.203 W 6-7:00pm 5/12 - 6/16

SalsaAerobics (8 Classes) New

AGE: 16+

FEE: \$70 Residents, \$85 Non-residents

LOCATION: Barrett Community Ctr, Multi-use Room

INSTRUCTOR: Lisa King

Tired of listening to techno music while working out? Get a great aerobic workout AND learn the basics of Salsa, Cha-Cha, Merengue, and other Latin rhythms. All levels welcome! Participants choose the level of cardio, high/low impact workout. Routines accommodate step and light weights (optional).

2213.204 W 6:30-7:30pm 5/12 - 6/30

2213.205 W 6:30-7:30pm 7/7 - 8/25

Adult Dance

New

Belly Dance -Classic Cabaret Style (4 Classes)

AGE: 13+

FEE: \$50 Residents, \$58 Non-residents

LOCATION: Barrett Community Ctr, Room B

INSTRUCTOR: Nadia (Marya Hart)

Come join in the fun and meet new friends, while learning this beautiful ancient dance. Put more twinkle in your eyes and his. Learn basic steps, transitions, combinations, veil dancing, attitude and a dance routine. This form allows your personal expression, which progresses at YOUR own pace. We welcome new students with open arms to join this sisterhood of dance and self expression. Wear comfortable clothes for movement.

2206.201	T	6:30 - 8pm	5/11 - 6/1
2206.202	T	6:30 - 8pm	6/8 - 6/29
2206.203	T	6:30 - 8pm	7/6 - 7/27
2206.204	T	6:30 - 8pm	8/3 - 8/24

Dance can be a great way to get your heart rate up, try it!

Intermediate/Continuing Line Dancing

AGE: 18+

DROP-IN FEE: \$7 per class

LOCATION: Twin Pines Sr. & Community Ctr.

INSTRUCTOR: John Bowen & Gina Mello

Not like it used to be! Dance to a variety of music – oldies, Latin, country and other popular music. Tons of fun, great exercise and no partner required. Line dance experience required. (No class 5/31).

2200.201	M	6:30-8:30pm	5/3 - 8/30
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Jazzercise at Barrett

AGE: All Ages!

FEE: \$65 for six weeks, EZ Fitness Ticket; \$36 per month. Other tickets also available.

LOCATION: Barrett Community Ctr, Multi-Use

INSTRUCTOR: Tami McCann

A fun way to exercise for all ages and fitness levels. Every class features energetic dance routines with choreography to build a better body. Jazzercise makes exercise FUN! A great way to make friends. You may start anytime! REGISTRATIONS ARE TAKEN AT CLASS! **Ongoing Monday and Wednesday, 9:00-10:00am, Fridays 8:30-9:30am.

NEW

Wedding Dance Workshop (4 classes)

AGE: 16+

FEE:\$49 Residents, \$57 Non-residents (per participant)

LOCATION: Barrett Comm. Ctr., Multi-Use Rm.

INSTRUCTOR: Lisa King

Dance with ease at a wedding reception! This workshop explores the fundamentals of slow and fast partner dance, designed especially for wedding couples, bridal party and guests to learn quickly and feel confident. Also includes a lovely presentation onto the dance floor, patterns choreographed for your first dance, fabulous dip, and elegant exit from the dance floor. Wedding etiquette tips from Lisa will help the entire wedding experience to flow perfectly.

2213.208	W	7:45 - 8:45pm	5/12 - 6/2
2213.209	W	7:45 - 8:45pm	6/9 - 6/30
2213.210	W	7:45 - 8:45pm	7/7 - 7/28
2213.211	W	7:45 - 8:45pm	8/4 - 8/25

Swing & Jitterbug (8 Classes)

AGE: 18+

FEE: \$71 Residents, \$85 Non-residents

LOCATION: Barrett Comm. Center, Multi-Use Room

INSTRUCTOR: Lisa King

Now sometimes called the East Coast Swing, or Jitterbug. Dance to swing, big band, 50's/Motown, rockabilly, and cajun music. No dance experience or partner is necessary.

2213.201	W	8:45 - 9:45pm	5/12 - 6/30
2213.202	W	8:45 - 9:45pm	7/7 - 8/25

Adult Dance

Beginning Tap Dance (6 Classes)

AGE: 13+

FEE: \$35 Residents, \$42 Non-residents

LOCATION: Barrett Community Ctr., Multi-Use

INSTRUCTOR: Chrissy Holmes

Tap into your hidden reserves! Tap is back! Find out how fun and easy it is to learn. If you can walk, you can tap. The basic steps will be taught followed by a dance routine. Wear comfortable clothes. Tap shoes are required after first class. ***Please pre-register!***

2203.201	T	6:00-7:00pm	5/11 - 6/15
2203.202	T	6:00-7:00pm	6/22 - 7/27

Intermediate Tap Dance

LOCATION: Barrett Community Center - Rm D.

Tap your blues away! Intermediate Tap is for those students with prior tap class experience. This class is a continuation of the Beg. Class. ***Please pre-register!***

2204.201	T	7:00-8:00pm	5/11 - 6/15
2204.202	T	7:00-8:00pm	6/22 - 7/27

**Dance promotes
cardiovascular health.**

Beg. American Tribal Style Belly Dance I (5 Classes)

AGE: 16+

FEE: \$44 Residents, \$52 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Antonia Vann (Tamikkah)

Tribal style Belly Dance is a fusion of various forms of Belly dance. You will learn basic steps and postures of Tribal style, as well as learning finger cymbals and veil work. Choreographed dance, gypsy improv and couples dancing will give you a real feel of the possibilities of this varied dance. Prerequisite: knowledge and ability to perform basic beginner belly dance steps. Wear comfortable clothes to class and join the fun! **(no class 7/1)**

2207.201	Th	7-8 pm	5/13 - 6/10
2207.202	Th	7-8 pm	6/17 - 7/22
2207.203	Th	7-8 pm	7/29 - 8/26



American Tribal Style Belly Dance II (5 Classes)

AGE: 16+

FEE: \$44 Residents, \$52 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Antonia Vann (Tamikkah)

Tribal style Belly Dance is a fusion of various forms of Belly dance. We will continue to dance with zills, and veils and polishing the steps we've learned and more. Come dance with us! Prerequisite: knowledge and ability to perform basic beginner belly dance steps. Wear comfortable clothes to class. **(No class 7/1).**

2207.204	Th	6-7pm	5/13 - 6/10
2207.205	Th	6-7pm	6/17 - 7/22
2207.206	Th	6-7pm	7/29 - 8/26

Adult Activities

New

Beginning Decorative Painting (5 Classes)

AGE: 18 +

FEE: \$52 Residents, \$62 Non-residents

LAB FEE: \$18 to cover brushes, paints and wooden pieces, payable to instructor at 1st class

LOCATION: San Carlos Senior Center

INSTRUCTOR: Joanne Muller

Learn to paint on wood and other surfaces with acrylic paints. We will learn how to make strokes used in decorative painting using traditional methods and one-stroke painting techniques. Students will complete two projects on wood and paint on a glass jar.

2305.201 Th 7:00 - 9:00pm 5/6 - 6/3

Summertime, and the Photos are Easy (2 Classes)

AGE: 14+

FEE: \$99 Residents, \$119 Non-residents

(includes film)

LOCATION: Twin Pines Lodge, Belmont

INSTRUCTOR: Christopher O'Donnell

Yours will improve after learning my simple non-tech approach to this rewarding art form. Get prepared for better vacation and family images. You'll be assigned an interesting hands-on project in between classes. Call me at Kaufman's for more info at (650) 574-3429.

2253.201 Sat 9:30am - 12:30p 5/8 & 5/15

Fun Part Time Jobs (1 Class)

AGE: 18+

FEE: \$24 Residents, \$29 Non-residents

LOCATION: Burton Park, Kiwanis Bldg. 1017 Cedar St., San Carlos. 802-4382.

INSTRUCTOR: Dan Tilles

How would you like to get paid to sample food, for your opinions, to dine out, to shop, to go bowling, to workout in a gym, to be in a movie or on T.V. and much more? No age limit, no education or experience required. We will tell you who hires, how to apply, what they pay and everything you need to know to make money having fun.

2283.201 T 7:00-9:30pm May 25

Ikebana Japanese Flower Arranging (8 Classes)

AGE: 16+

FEE: \$117 Resident, \$137 Non-resident

LAB FEE: \$48 payable to instructor at 1st class - includes all floral materials and handouts. Materials list at Rec. office.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Nancy Locke, Sanyo degree

This could be the most restful hour of your week. Learn the exquisite art of arranging fresh flower and plant materials according to the asymmetrical Japanese aesthetic. Creating a beautiful "moribana" style fresh arrangement each class, you will gain an understanding of ikebana design principles, good material combinations and freshness preservation. Continuing students welcome, new material will be covered. (No class 6/9)

2255.201	W	1-3:30pm	5/12 - 7/7
2255.202	W	1-3:30pm	7/14 - 9/1

Learn something new from our recreation classes!

Home Loans Don't Have To Be A Hassle (1 Class)

AGE: 18+

FEE: \$23 Residents, \$27 Non-residents

LOCATION: Twin Pines Sr. & Comm. Ctr, Crafts Rm.

INSTRUCTOR: Rich Polonsky

A MUST FOR FIRST TIME HOME BUYERS! This course gives you the tools you need to understand the home loan process, a detailed evaluation of different financing options and loan products with respect to purchases and refinances, and insight into the industry's lingo and terminology so you can make the right choice with respect to the biggest financial decision you will probably ever make! Knowledge is power!

2277.201 W 7:30-9:30pm June 23

Adult Activities

Beginning Dog Obedience Training (7 Classes)

AGE: 16+, OR with instructor approval of child, dogs age 6 months or older.

FEE: \$82 Residents, \$98 Non-res. (includes clicker)

LOCATION: Twin Pines Park Meadow

INSTRUCTOR: Reena S. Walton, CPDT

Please bring proof of vaccinations to first class. FIRST CLASS IS AN ORIENTATION WITHOUT THE DOGS PRESENT.

All dogs must have current vaccinations, DHLPP and Rabies to participate.

Positive reinforcement methods are used with food and toys as motivation and reward. Lessons will include the basic exercises-sit, down, walk on loose-leash, come when called, stay, stand off, and wait. Problem solving discussions will be held on the subjects of: pack leadership, barking, biting, digging, jumping up, housebreaking, crate-training, and chewing.

Dogs should be brought to class hungry, do not feed dinner prior to class on Tuesday evenings. Dogs must have a 6-foot leather or cotton leash, and a flat collar or head harness or metal training collar. Please, no chain leashes.

2299.201	T	6-7 pm	5/11 - 6/22
2299.202	T	6-7 pm	7/6 - 8/17

Discover & Live Your Vocational Passion (1 class)

AGE: 18+

FEE: \$44 Residents, \$51 Non-residents

LAB FEE: \$2 - payable to Instructor at class-covers workbook.

LOCATION: Twin Pines Comm. Ctr, Craft Rm.

INSTRUCTOR: Craig Nathanson, Author, Seminars & Private Coach. www.thevocationalcoach.com

Find the path that is meant for you with the Vocational Coach. Do you come home from work feeling frustrated and empty inside? Do you think you have to retire to finally do what you love? Don't wait any longer to find the fulfillment you were meant to have!

2290.201	T	6:30-9:30pm	6/15
2290.202	Th	6:30-9:30pm	8/19

Italian Language (10 Classes)

AGE: 16+

FEE: \$122 Residents, \$132 Non-residents

LOCATION: Foster City Recreation Dept.

Gull Room, 650 Shell Blvd., 286-3380

INSTRUCTOR: Attisha

Learn the grammar and vocabulary of Italian with emphasis on conversation. Each unit consists of grammar, vocabulary, reading pages, exercises in class, homework and a dialogue. Handouts will be given in class.

Conversational Italian I:

2294.201	Sat	10am-noon	6/12 - 8/14
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Conversational II: *Prerequisite Beginning Italian I or good knowledge of reading, writing and basic grammar.*

2294.203	Sat	12:30 - 2:30pm	6/12 - 8/14
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New

Raising Financially Savvy Kids (1 Class)

AGE: Adult

FEE: \$20 Residents, \$24 Non-res.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Curtis S. Chen, CFP, CFS

Money management and personal finance are life skills that are rarely taught in our formal education system. Come learn some tips to help heighten your kids' financial awareness in a challenging environment. discuss how to structure allowances, and introduce investing to children.

2219.201	M	7-8:30 pm	June 7
2219.202	W	7-8:30 pm	August 11

New

Are you at Risk for Identity Theft? (1 Class)

AGE: Adult

FEE: \$26 Residents, \$30 Non-res.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Curtis S. Chen, CFP, CFS

Is someone masquerading as you? Identity theft is the fastest growing white-collar crime in America. The Federal Trade Commission reports that in 2003 alone, 9.9 million Americans were victims of identity theft. Learn how you can protect you and your family; and, if necessary, restore your good name.

2219.203	W	7-9 pm	May 19
2219.204	T	7-9pm	July 13

Adult Activities



Adult Softball leagues

Men's, and Coed Softball leagues

Information will be available early April for leagues starting early July. Leagues will be:

Monday - Men's C4; **Tuesday**-Coed; **Wednesday** - Industrial Coed; **Thursday** - Men's C3; **Friday** - Men's D League.

Games will be 6:45pm, 7:45pm, and 8:45pm at the Belmont Sports Complex.

Call us to have a packet mailed to you (650)595-7441.

Cardio Kickboxing Aerobics (5 Classes)

AGE: 18+

FEE: \$62 Residents, \$78 Non-residents

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Ctr)

INSTRUCTOR: USSD Staff

Get in shape with our short course; lots of times to choose from. Great for the beginner or athlete who needs a challenging workout. Please wear comfortable clothing. (No class on Monday, May 31)

2259.201	M	10am OR 8:15pm	5/10 - 6/14
2259.202	M	10am OR 8:15pm	6/21 - 7/19
2259.203	M	10am OR 8:15pm	7/26 - 8/23
2259.204	T	8:15pm	5/11 - 6/15
2259.205	T	8:15pm	6/22 - 7/20
2259.206	T	8:15pm	7/27 - 8/24
2259.207	W	10 am	5/12 - 6/16
2259.208	W	10 am	6/23 - 7/21
2259.209	W	10 am	7/28 - 8/25
2259.210	Th	8:15pm	5/13 - 6/17
2259.211	Th	8:15pm	6/24 - 7/22
2259.212	Th	8:15pm	7/29 - 8/26

Introduction to Karate & Kung Fu (5 Classes)

AGE: 18+

FEE: \$122 Residents, \$142 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Ctr)

INSTRUCTOR: USSD Staff

Adults will develop good self-defense skills, greater confidence, better physical condition, sharper mental discipline ability, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training may register at Studio. (No class on Monday, 5/31)

2358.201	M	6:30pm	5/10 - 6/14
2358.202	M	6:30pm	6/21 - 7/19
2358.203	M	6:30pm	7/26 - 8/23
2358.204	T	6:30pm	5/11 - 6/15
2358.205	T	6:30pm	6/22 - 7/20
2358.206	T	6:30pm	7/27 - 8/24
2358.207	W	6:30pm	5/12 - 6/16
2358.208	W	6:30pm	6/23 - 7/21
2358.209	W	6:30pm	7/28 - 8/25
2358.210	Th	6:30pm	5/13 - 6/17
2358.211	Th	6:30pm	6/24 - 7/22
2358.212	Th	6:30pm	7/29 - 8/26

Community Information

Poster Competition for the Art & Wine Festival

The Belmont Arts Commission is sponsoring a competition to create a new poster for the 2004 Art & Wine Festival and encourages anyone to participate. The competition is open to anyone over the age of 18, who live or work in Belmont.

Deadline for entries is **Friday, June 11th at 5pm**; entries should be submitted to:

**Belmont Parks & Recreation Dept.
1225 Ralston Ave, Belmont CA 94002**

For further information, please call 595-7441 or email: poster2004@comcast.net

Overnight parties

Are you or your group looking for a place to have a sleepover or slumber party? Belmont Recreation has the place for you! The scenic Lodge or the charming Cottage are perfect for your party. Both facilities have a complete kitchen and TV/VCR available for use. Call Francis Mason, for availability and rates at (650) 637-2927. Call NOW to make your reservation!

Participate in the Sister City Delegation to Namur, Belgium.

To further the Sister City relationship between Belmont and Namur in Belgium, a delegation from Belmont is being organized to visit Namur. There are 2 travel options. They are: (1) June 21-July 2 including locations key to the History of Notre Dame de Namur University (contact Dan Hanes, Morrison Travel 342-7221)(2) Namur from June 25-June 30. This option permits greater flexibility for additional European travel plans before or after the delegation visit (contact Donna Ludlum, Little World Travel, 592-0664) Deadline for both options is May 15. For information about Sister City Programs (www.sister-cities.org). For information about Belmont's Sister City, Namur, Belgium

Belmont Library Update

Since last April, the Library Steering Committee has been working diligently with Field Paoli, the architects, on plans for the new library. On July 22, 2003, City Council directed the Library Steering Committee to proceed, based on input from the community meetings, the architects, members of the Steering Committee, and Parks & Recreation Department. The site plan has been developed to provide two new play areas, an entry plaza, areas for outdoor reading and picnics, and accessible walkways. The site plan for Belameda Park was approved by the Parks & Recreation Commission on January 14, 2004. The Library Steering Committee anticipates that construction will begin on or about October 2004 for an anticipated Library opening date of April 2006.

Belmont Library

1110 Alameda de las Pulgas
(650)591-8286

www.belmontlibrary.org

Hours: Monday-Wednesday, 10:00am-9:00pm

Thursday & Friday, 10:00am-6:00pm

Sat. 10am -5pm, Sun. 1-5:00pm

Storytimes:

Babies (4-18 months): Wednesdays at 10am AND

Thursdays at 10:30am.

Toddler (18 mo.- 3 yrs): Wednesdays at 11:00am

All ages: Fridays at 11am

Family (3+): Tuesdays at 7pm;

Library Programs:

May

8th - 2pm - Mother's Day Tea/Quilt event. Kids, bring mom to the library for tea and treats. Then help us make a quilt that will be raffled to raise money for the new library!

12th - 7:15pm - Adult book discussion group, will discuss Guterson's Our Lady of the Forest.

June

7th - Registration begins for Summer Reading Club for children, teens, and adults! Fun discussion group possibilities and prizes! Every Tuesday night throughout the summer at 7pm, there will be a children's program at the library. Come early at 6:40pm to hear about the newest book and a story.

15th - 7pm - Learn about Chet Gecko (a private eye) and the mysteries he solves.

16th - 7:15pm - Adult book group will celebrate the Friends of the Library 30th anniv. with local authors TBA.

22nd - 7pm- Magic show, 1st performer for Summer Reading Club.

Book Discussion Group meets the second Wednesday of the month at 7:15 pm at the library. Call the Library at 591-8286 for more info.



Fax in your credit card registrations to: 595-7419



Twin Pines Senior and Community Center
1223 Ralston Avenue, Belmont
(650)595-7444
Open Monday-Friday, 9:00am-5:00pm

This section of our brochure lists programs and activities designed for adults aged 55 and over. The Twin Pines Senior and Community Center, located in beautifully wooded Twin Pines Park provides a variety of programs and services to the community. There is no membership fee and all are welcome.

Join us! If there are additional events you would like to see offered, we would love to hear from you! We want to see you **INVOLVED** and **HAVING FUN!** Please call the program director with your ideas, 595-7444.



Center Staff

Cheri Handley, Recreation Supervisor
 Pietie Vreman, Recreation Coordinator
 Annie Troyan, Recreation Coordinator
 Joan Santaga, Information & Referral
 Joe Matkovich, Transportation
 Irv Boxerbaum, Transportation

Senior Citizens Advisory Committee

Frank Black	George Metropulos
Peg Kocourek	Rich Bortoli
Rose Davenport	Cheri Handley
Steve Harris	Lu Krueger
Roy Mills	Dennis Pettinelli

Twin Pines Senior & Community Center
OUR MISSION

To provide an inviting environment for senior citizens, enhance the quality of their lives, and serve as an integral part of the Belmont Community.



Senior Tales Newsletter

The Twin Pines Senior and Community Center publishes a monthly Senior Tales Newsletter that lists the most up-to-date information on what's happening at our center. Pick up a copy of the Senior Tales, you are sure to find something fun to do that appeals to you!

ADULTS 55+

Healthy Vegetarian Workshop (1 class)

AGE: Adult

FEE: Free

LOCATION: Twin Pines Sr./ Comm. Center

INSTRUCTOR: Evergreen Vegetarian Assoc.

This healthy vegetarian workshop for seniors will use simple nutrition principles to understand our body, the foods we eat, and the interaction between them and the aging process. Topics will include fundamentals of nutrition, restful sleep, food digestion, food allergens, gas producing foods and arthritis. Improve your health and enjoy the food tasting and body workout program that are also included in this workshop.

5572.201 W 10-11am 6/2



Beginning Pool Lessons

Have you always wanted to play pool - but don't know how to get started? A new beginning level pool class is available at Twin Pines. Volunteer Harold Wertenberg will help you learn the basic rules of pool and offer tips as you play in a relaxed and recreational atmosphere. Drop in on Wednesday afternoons 2:30 - 3:30pm. FREE, reservations are not needed.

SENIOR SAFETY DAY

Co-sponsored with the Belmont Police Department

Wednesday, August 25th

9:30 am-1pm

FREE

Important information you must know about:

Emergency Preparedness, Home and Fire

Safety Scams, Personal Protection

Luncheon included. 595-7444 to register.

Potluck Tea

Tuesday, May 18th

How does some hot tea, finger foods, and camaraderie sound on a Spring afternoon? We will be hosting a Potluck Tea on Tuesday, May 18th at 2:00pm. We will provide the tea and ambiance, you bring a finger food and a friendly smile. Come share a 'spot of tea' and friendly conversation. Please bring your favorite tea cup as well. To participate, please call 595-7444.

Newcomers' Coffee

Tuesday, June 8th

Get Involved!

Have Fun!

A Newcomers' Coffee will be held on Tuesday, June 8th at 10:30am. Information on the services, classes, clubs, and special events offered at the Twin Pines Senior & Community Center will be given along with an entertaining and informative video. **Phone 595-7444 for reservations.**

Variety Show Wednesday, July 21st

The P.S. Performers, an award winning youth group, will perform your favorite "Golden Oldies" at 12:15 pm on **Wednesday, July 21st**. An intergenerational Ice Cream Social will be held after the show. **FREE!** Reservations needed. Call 595-7444 to make a reservation.

Register for all our programs and free classes at 595-7444.

ADULTS 55+

Senior Strength (5 Classes)

AGE: Adult

FEE: \$41 Residents, \$48 Non-residents

LAB FEE: \$4 (new students only) payable to instructor at first class

LOCATION: Twin Pines Senior & Comm.Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun class! (No class 5/31 & 7/5)

5502.201	M	2-3pm	5/3 - 6/7
5502.202	M	2-3pm	6/14 - 7/19
5502.203	M	2-3pm	7/26 - 8/23



Beginning Line Dancing (8 Classes)

AGE: Adult

FEE: \$34

LOCATION: San Carlos Senior Center

INSTRUCTOR: Karin Ziegler

Not just Country Western anymore! A class for the absolute beginner. Learn all the basic steps that will get you moving on the dance floor. Great exercise! Meet new people and learn at a relaxed pace to a variety of different types of music. New dance taught each week, plus a review of previous dances. No partner required.

5509.201	W	2:30-3:30pm	6/30-8/18
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Grandma and Me Porcelain Crafts (6 Classes)

AGE: Adult/Child - 9 years and older

FEE: FREE

LOCATION: Twin Pines Senior and Community Center

INSTRUCTOR: Carmelo Santino

Wondering what to do with children during summer? Bring them to the Center and I will help you make a beautiful craft together. It will be a lifetime treasure, and is fun and easy. All materials to make the doll or craft can be purchased in class.

5547.201	W	1-3 pm	6/23 - 7/28
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Porcelain Doll Making (ongoing)

AGE: Adult

FEE: Free

LAB FEE: Depending upon which doll you choose

LOCATION: Twin Pines Sr/ Comm. Center

INSTRUCTOR: Carmela Santino

Make your own beautiful porcelain doll, with my help. It's easy to do. Your finished doll could be a wonderful and memorable gift or an heirloom for yourself or a loved one. The dolls vary in size. All materials to complete the doll may be purchased in class. Join the class at anytime.

Th	1:00-3:00pm	continuous
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ADULTS 55+

New

Caregiving Workshop-Providing effective care to our loved ones and ourselves. (1 Class)

AGE: Adult

FEE: FREE

LOCATION: Twin Pines Sr. & Comm. Ctr.

INSTRUCTOR: Pyramid Alternatives-Beth Myers

Many of us have a loved one with physical and/or emotional needs that require our care. Caregiving involves a number of issues for both you and your loved one. You may be currently providing care or anticipating the need to do so at a future point. This informative workshop will provide helpful tips and strategies for: identifying outside or in-home resources; helping your loved one help themselves; addressing long-distance caregiving needs; and replenishing your energy with self-care strategies.

5526.201 Th 10-11am 6/24

SENIOR LIBRARY DAY Wednesday, April 21, 2004 9 - 10 am

We have a special morning planned for Seniors. On **April 21st** the Library will be open from 9:00-10:00am for Seniors only. You will have the opportunity to learn about library technology, and get a library card. You will also get special help using the library to check out videos, books on tape and many more wonders waiting for you at the Library. **Call 595-7444 to register.**

Living Trust & Other Estate Planning (1 Class)

AGE: Adult

FEE: Free

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Thomas Johnson

A local attorney explains how to use a living trust to avoid probate fees, federal estate taxes and conservatorship, and how to use it in conjunction with Durable Power of Attorney documents to plan for "legal incapacity". Keep decisions regarding your health and finances in the hands of people you trust and out of the court's jurisdiction. Attend any session.

5575.201 T 10:30 - noon 6/22
5575.202 T 10:30 - noon 8/24

The following classes are co-sponsored by Sequoia Hospital Health and Wellness Services, Please call Kristin Gurley M.S. to register for these programs (650) 367-5991 or to schedule a free, fall risk and safety assessment in your home.

Fall Prevention

Is your fear of falling and loss of balance limiting your everyday activities? Then this is for you! This program will address the key risk factors for falls and how to manage these risks. Each class includes exercises designed to help increase balance, strength and coordination to aid in fall prevention. Come prepared to exercise both your mind and body. **No class on 7/26.**

Mondays 6/28 - 8/2 10-11am FREE!

Strength Training and Osteoporosis Prevention

This is designed to teach women how to strength train. We will be covering the benefits and safety issues involved with strength training.

Monday August 2, 10-11:15am FREE

ADULTS 55+

Selling Your Home

Wednesday, June 9th, 10am

This informative **free** workshop will include information on strategies you can use to prepare your home for sale and includes an informational video. Presented by Christine & Dana Louie, Seniors Real Estate Specialists. Phone 595-7444 to reserve your seat for this **free** seminar.

Understanding Reverse Mortgages

Mary Lafaye, consultant

**Mondays, May 24 & August 23
10am**

Your local Reverse Mortgage consultant invites Senior homeowners, their adult children and trusted advisors to come learn more about the flexibility and benefits of FHA-sponsored and Jumbo Reverse Mortgages. With new government protections in place, Seniors can enjoy a more comfortable retirement in their own home. Receive tax-free cash while retaining home-ownership. Bring your questions and receive a free analysis. Topics include: income options, eligibility requirements, consumer protections. **FREE**
Phone 595-7444 to reserve your space.

Twin Pines Talks & Videos

The Twin Pines Senior & Community Center has an interesting and informative lecture series scheduled. The talks begin at 10:00am and all are welcome to attend.

May 13, 2004

Center for Independence of the Disabled

Learn more about this nonprofit organization which provides a variety of services, that assist individuals to live more independently in their homes.

June 10, 2004

Prevent back pain

Come listen to Dr. Young's informative lecture on preventing back pain.

July 8, 2004 - Video

Osteoporosis Education Seminar

August 12, 2004 - Video

Does your lifestyle still fit your life?

Call (650) 595-7444 to register.

Opinion Exchange with Jim Dunbar

Jim Dunbar of KGO radio fame will lead this new and exciting program. Each session will include discussion and commentary on current events. Bring your thoughts with you - **FREE!** Space is limited, so sign up early! Starting Tuesday, May 25, 12:30 - 1:30.
Phone 595-7444 to register.



ADULTS 55+

55 Alive Mature Driving

Sponsored by AARP, the Popular 55 Alive Mature Driving Course is returning to Twin Pines **Thurs., July 22nd and Fri., 23rd** from **8:30am to 12:30pm** at the Senior and Community Center. The cost for the course is \$10.00 and is paid at the first class meeting. **To reserve a space, call (650)595-7444.** The course is limited to 30 participants per session.

Conversational Language Groups

Do you speak another language? Come, chat, make new friends and keep your language fluent. The Twin Pines Senior and Community Center is forming many conversational language groups: **Chinese, French, Italian, Spanish, Russian.** Please phone (650) 595-7444 for more information on how you can get started conversing in a fun and friendly setting.

Parlez-Vous Francais?

The French Conversational group will meet on the 2nd and 4th Tuesday of each month from 3-4pm. If your French is rusty, don't worry, it will all come back to you. A bientou.

Russian Group Forming

Do you speak Russian? We are forming a conversation Russian group, and will be gathering for an organizational meeting on Monday, May 17th at 12:30. Phone 595-7444 to reserve your space.

Trees of Twin Pines Park

Twin Pines Park is Belmont's hidden treasure, brimming with beauty. Did you know that there are plants from all seven continents here in Twin Pines? Our knowledgeable group leader and professional teacher Joe Zucca invites you to join us as we explore and learn about Twin Pines Park. Classes will be held Mondays, May 10th & 17th, 10-11am. This program is free, but please call 595-7444 to register.

Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:00-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

MAH JONG

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00pm. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

What's Your Game??

Scrabble, Yahtzee, Dominos?

Join us for fun, games, and new friends. Come to Game Days at the Twin Pines Senior & Community Center. Scrabble and other games will be played on Thursdays from 12:15 - 2:00pm. Reservations are not needed.

Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00am. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978.

Summer Film Series

Sit back, relax and enjoy our Summer film series. Films will be shown each Monday at 12:00noon. Reservations are not needed.

Featured Topics:

May - Hollywood Legends

June - Authors and Artists

July - History of Trains, Cars and Planes

August - Wonders and Splendors of the World

Check out our website: www.belmont.gov for more up-to-date information

Information & Referral Service

Do you need information about the programs and services available in San Mateo County? Do you need a link to support systems for seniors? The Twin Pines Senior and Community Center now has an Information and Referral Specialist available on Thursdays from 9:00-5:00. For any kind of senior help, phone (650) 595-7444 and ask for Joan Santaaga.

Widows & Widowers

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200 for membership information.

Greek Dancing

Friday, May 14, 10:30 - 11:30am

Do your toes start tapping when you hear music? Like to dance --just for fun? Join us as volunteer Joan Stathos leads us in a fun and casual Greek dancing experience. No partner needed. FREE. Please phone 595-7444 to register.

Class Instructor Position Available

Do you have a special interest or hobby? Enjoy being with senior citizens and would like to make a difference in someone's life? Then please consider offering a class or workshop at the Twin Pines Senior & Community Center. Please call Cheri Handley (650)595-7444 to find out how to get started in this fun and rewarding opportunity.

Computer Volunteers Wanted

Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basics of computer operations. To volunteer, or for more information on the computer lab hours, please call (650)595-7444.

Internet

Seniors may now access the Internet at the Twin Pines Senior and Community Center. Please call (650) 595-7444 for information on Internet instruction and lab hours.

Program

Lunch Program

The Senior Nutrition Lunch Program offers seniors a nutritious, economical and delicious hot lunch. These meals are provided through the cooperation of the Parks and Recreation Department and the San Mateo County Area Agency on Aging. There is a **\$2.00 suggested donation for those aged 60 & over**. For adults **under 60 years the suggested donation is \$4.00**. Lunch is served **Monday thru Thursday at 11:30am**. For further information, please call the Twin Pines Senior & Community Center at (650)595-7444.



Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00am and 1:00pm. Transportation may also be available for special events. For more information phone (650) 595-7444.

Computer Programs Beginning Computer Class

This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes are usually full. Phone (650)595-7444 to place your name on a waiting list, and you will be notified when a class opening becomes available for you.

Information

Clubs

American Association of Retired Persons

The Belmont chapter of AARP meets on the 2nd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. Interesting meetings are planned, including entertainment and guest speakers on topics of interest to the senior population. Information on state and national legislation as it affects seniors is also discussed. AARP was founded in 1958 to help improve the quality of life of not only its members but all older people. Members do not have to be residents of Belmont, but must be members of the National Association of Retired Persons. For more information, call (650)595-7444.

Belmont Senior Club

All persons 55 years of age and older are invited to join the Belmont Senior Club. Meetings are held the 1st and 3rd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. The Club's bi-weekly meetings are an excellent way to socialize and meet new people. The club also offers trips, parties, fund raisers, guest speakers and more. For more information call (650)595-7444.

Friday BINGO

The Belmont Senior Club hosts afternoon BINGO the 1st and 3rd Friday of each month. BINGO begins at 1:00pm in the Twin Pines Senior & Community Center. Regular BINGO along with a blackout game will be offered. You are welcome to come early and bring a bag lunch.



-- (650)595-7444

Programs Available to You

At the Twin Pines Senior & Community Center

CRAFT GROUP #meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

VIDEO EXERCISE is held every Monday, Wednesday, and Friday morning at 9:45am. All are welcome to exercise to popular fitness videos. No fee.

MOVIES # are shown every Wednesday at 12:15pm. The movies are free. Check your Senior Tales Newsletter or phone (650)595-7444 for the featured presentation.

TUESDAY BINGO #is held the 1st, 2nd, 3rd Tuesday of each month at 12:15pm. It is a low key Bingo. All are welcome.

BRIDGE is held every Thursday afternoon from 12:45-4:00pm. Reservations are not necessary. Phone (650)595-7444 for information.

POOL #players are welcome to use our lovely pool table.

BOOKS & VIDEOS are available in our complimentary loan library.

SENIOR SING-A-LONG includes brushing up on your old favorites and learning new songs. Class is held Mondays from 1:30-2:30pm and is conducted by pianist Marilyn Schwarz. New members are welcome. **Spring session ends June 7th.**

Health Screenings

Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist Seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center. For an appointment, call the HICAP office at 1-800-200-0268.

Need Help? Call TIES

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour number: 1-800-675-8437. It is called the Teamwork Insuring Elder Support or TIES line.

Blood Pressure Screening

Free blood pressure screenings are held the third Tuesday of every month from 9:00 am-10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

Shoppers Needed

Center for Independence for Disabled (CID) is looking for volunteers for the Shopping Assistance for Seniors who are Homebound (SASH). If you are able to drive, and have time to help a local homebound Senior obtain groceries, please call CID at (650)595-0783.



City of Belmont's Annual Flea Market Saturday, June 5th 9am - 2:30 pm



Families and Non-Profit groups can sell books furniture, sporting goods, household items, etc. Cost is \$30 for a 20' X 20' space. (Barrett Community Center Field) on Saturday, June 5, 2003, from 9:00am to 2:30pm.



My Garage is a Mess!
I want to reserve a space at the City-Wide Flea Market



Name: _____ preferred location _____
(if previous seller)

Address: _____

Day Phone: _____ Eve. Phone: _____

Return form with payment to by May 27th:
Belmont Flea Market, 1225 Ralston Ave., Belmont, CA 94002

The Recreation Department has the right to refuse any item! All unsold goods must be removed by the seller no later than 3:30pm on Saturday, June 5th. Booths will be assigned on a first-come first served basis.

Shoppers, this is a marvelous opportunity to hit all of the garage sales in just one stop and no admission charge!

Summer School Program At Ralston School

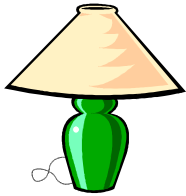
The Parks and Recreation Department in cooperation with the Belmont-Redwood Shores School District will provide a variety of recreation enrichment classes to supplement the regular summer school program. The program is for students who have completed grades K through 7. Classes begin on Monday, June 28th and continue through Friday, July 23rd. Hours are from 9:00am to 12:10pm. Information on these recreation enrichment opportunities will be sent through the schools.

Birthday parties?

Are you looking for a place to hold a child's birthday party? Well look no further! The Belmont Recreation Dept has a place for you. The Barrett Community Center is a unique and inexpensive place to have a memorable celebration for the special event in your child's life. You may choose Room B, C, D or multiple rooms, with lawn area and playground equipment adjacent. We supply the tables and chairs, you provide the fun! Contact Francis Mason at 637-2927

City of Belmont Annual City-Wide
Garage Sale - Sat. August 7th
Buyers - Mark this date on your calendar!!

Look for the list in: local paper - Garage Sale section, on our website, and printed lists at our office, at the address below.



To have your sale listed on the city wide list, return the registration form NO LATER THAN JULY 23rd. Late applications will NOT be accepted! No exceptions!

Annual City Wide Garage Sale
Registration Form - Fee - \$7 (to offset advertising costs)

☐ Yes! I would like to be included on the City Wide Garage Sale List!

Please Print:

Name: _____

(will not appear on list)

Address: _____

Phone Number: _____

(will not appear on list)

Items to be sold (list 1-5 items): _____

Send payment to:(make checks payable to City of Belmont)
Belmont Parks & Recreation Dept., 1225 Ralston Avenue,Belmont, CA 94002

A successful sale - Do your own advertising in addition to ours and get your neighbors involved so more people come to your neighborhood. Make copies to hand out the lists to people who come, so we all help each other and the environment. This is just our once-a-year help in promoting an event that can help us put less 'stuff' into the landfill.



Attn: Volunteers and potential sponsors!

Twin Pines Art & Wine Festival

Sat. Sept. 18 - 10:00am – 6:00pm

Sun. Sept. 19 - 10:00am - 5:00pm

**Twin Pines Park, 1225 Ralston Avenue,
Belmont**

For additional information contact the Parks and Recreation Department at (650) 595-7441.
VOLUNTEER FORMS WILL BE AVAILABLE IN OUR OFFICE AND IN THE FALL ACTIVITIES GUIDE RELEASED IN EARLY AUGUST. Come get involved!

Community Information

City of Belmont Administrative Offices

1070 - 6th Avenue, Belmont

Permit Center	(650)595-7416
Business Licenses.....	(650)595-7436
City Clerk.....	(650)595-7413
City Manager.....	(650)595-7408
Finance.....	(650)637-7934
Human Resources.....	(650)595-7438
Community Development/Planning.....	(650)595-7417

Internet Address <http://www.belmont.gov>

E-mail:

Building & Planning - comdev@ci.belmont.ca.us
 City Clerk's Office - cclerk@ci.belmont.ca.us
 City Manager's Office - cmanager@ci.belmont.ca.us
 Finance - financedept@ci.belmont.ca.us
 Parks/Recreation Office - parksrec@ci.belmont.ca.us
 Police Dept Administration - police@ci.belmont.ca.us
 Public Works Dept. - pworks@ci.belmont.ca.us
 Webkeeper/Technology - tech@ci.belmont.ca.us

Parks and Recreation

Administration:	
1225 Ralston Ave.....	(650)595-7441
Barrett Community Center:	
1835 Belburn Dr.....	(650)595-7447
Community Learning Center:	
1835 Belburn Dr.....	(650)595-7448
Playing Field Conditions.....	(650)592-7557
Senior/Community Center.....	(650)595-7444
Tree Permits.....	(650)595-7441

Police - 1215 Ralston Avenue, Belmont

Emergency.....	911
Abandoned Vehicle Hotline.....	(650)595-7455
Business Calls Only.....	(650)595-7400

Public Works

Engineering Services.....	(650)595-7425
Streets & Sewers.....	(650)595-7427
Emergency Night/Weekend & Holiday Service or after 5:00pm on Weekdays.....	(650)595-7400

Animal Control: Peninsula Humane Society

12 Airport Blvd., San Mateo.....340-8200

Chamber of Commerce

1070 6th Avenue.....595-8696

South County Fire Authority - Belmont & San Carlos

600 Elm Street, San Carlos

Emergency.....	911
Business Only.....	802-4255

Garbage - Browning Ferris Industries.....592-2411

Library - San Mateo County

1110 Alameda, Belmont.....591-8286

The Friends of the Belmont Library -

Joan Peceimer.....593-9514

Book Nook.....www.friendsofthebelmontlibrary.org

Water - Mid-Peninsula Water District

3 Dairy Lane, Belmont.....591-8941

Belmont /Redwood Shores School District

2960 Hallmark Drive, Belmont.....637-4800

Carlmont High School

San Carlos Ave. & Alameda de las Pulgas

.....595-0210

Kollage Community School for the Arts

P.O. Box 532, Belmont.....592-8842

Local Organizations

American Red Cross.....	259-1750
San Mateo Arts Council.....	591-6950
Center for Independence of the Disabled	595-0783
Peninsula Humane Society.....	340-8200
Sequoia Hospital - Community Education.....	367-5995

Clubs & Organizations

AAUW - Belmont/San Carlos Branch	
Jean Horstmeyer.....	342-3805
AYSO Soccer -	591-KICK(5425)
Babe Ruth - Michael McLaughlin.....	654-0590
Bayside Broncos- Pop Warner Football.....	599-1845
Belmont Youth Softball Assn.....	631-RUNS(7867)
Belmont 4-H - Kristin Mercer.....	592-4868
Belmont AARP -	595-7444
Belmont Arts Council.....	591-6950
Belmont Garden Club-Jeanette Hobbs.....	595-2930
Belmont Historical Society & History Room- Denny Lawhern,592-6312, belmontcahistory@aol.com	
Belmont Joe DiMaggio-Ken Ray.....	(408)723-0484
Belmont Melodrama.....	599-2720
Belmont Park Boosters - Judy King.....	592-3068
Belmont/San Carlos Mothers' Club.....	361-0499
or scbmthersclub@yahoo.com or www.belmont.gov/orgs/mc	
Belmont Seniors Citizens Advisory Committee	
Rich Bortoli.....	595-7444
Belmont Senior Club -	595-7444
Boy Scouts & Cub Scouts of America.....	341-5633
The Cottage Auxiliary - Eleanor Koch.....	592-3366
CYSA Soccer.....	595-5689, 593-5612
HIP Housing.....	348-6660
Little League -	591-0675
League of Women Voters-	
Central San Mateo County.....	342-5853
Peninsula Conflict Resolution Center - website - www.pcrweb.org	373-3490
Pony Baseball.....	591-0646
San Francisco Girl Scout Council - Kelly McGrath.....	591-4520
San Andreas Youth Soccer Org.....	593-5161
Toastmasters Clubs	
High Spirits - NDNU - Elliotte.....	631-0808
San Carlos/Belmont - Jennifer	372-0986
Speak 4 Yourself 318-Fred Weiss..(510)732-7773	
Twin Pines Art Center	
Art Museum	654-4068 or 594-1577
Belmont Arts Council.....	591-6950
Kollage School for the Arts.....	592-8842
V.O.I.C.E.S. Teen Commission.....	595-7447
website - www.voicesbelmont.com	

Community Information

Belmont Community Mediation Program

520 South El Camino Real #640, San Mateo, CA 94402 (650) 373-3490; www.pcrweb.org

Are you having problems with a neighbor, landlord, merchant or employer? The volunteers of the Community Mediation Program may have an effective solution. Working through a problem with the help of volunteers trained in mediation techniques nearly always has a positive result, solving the problem and improving the relationship. Spanish speaking staff available. **FREE**

Belmont Historical Society History Room

Club meets the second Saturday in September, January, March and June from 10am-12noon in the History Room in the Manor Building at Twin Pines Park. Annual membership is \$10. The History Room is open to the public 1:00-4:00pm on the 2nd and 4th Saturdays each month, and weekends during park events. Admittance is free.

The Book Nook at the Cottage

The used book store sponsored by the *Friends of the Belmont Library*, now has a permanent home, downstairs behind the Cottage. The Book Nook will be open to the public the fourth Friday of each month in coordination with the Cottage's luncheons from 12 noon until 4:00pm, on the next day, Saturday, the second Sunday, as well as during our city's Fall & Winter Art Festivals. Varied hardback and paperback books and tapes are on sale with proceeds going to the Belmont Library. www.friendsofthebelmontlibrary.org
For details, or to donate books, call (650) 593-5650 or (650) 591-3261 or (650) 591-6329.

Belmont Chamber of Commerce

1070 Sixth Avenue, Suite 102

Belmont, CA 94002, (650) 595-8696

e-mail director@belmontchamber.org,

www.belmontchamber.org or www.BelmontToday.com

Call for events and dates, to get membership information, or to receive a newsletter. Monthly meetings are the 2nd Thursday at 8:15am. Call for new location.

We invite you to our 2nd Annual Belmont Community Fair at Twin Pines Park on **Sat. Aug. 7th, 11 am-5 pm**. Chili cook-off, live music entertainment and food! Part of this event's proceeds will benefit student scholarships. Don't miss it!



Notre Dame de Namur University - Graduation Day - Sunday, May 2nd- 2pm

1500 Ralston Ave, Belmont

Ph. (650) 593-160, fax (650) 508-3660, www.ndnu.edu.

NDNU offers education opportunities as well as a variety of events to entertain the whole family. For complete information on our academic programs, contact our Admissions Department at 650-508-3607. Check our website for listings of "Smart Lunch Program" speakers, as well as Concert & Distinguished Speaker series information. Also dates for Student showcase, sporting events, galas and many more. Check us out!

Cottage Auxiliary

The Cottage Auxiliary group not only has dedicated volunteers, but also serves delicious lunches. Enjoy dining in the relaxed atmosphere of one of Belmont's most charming facilities, the Creekside Cottage, located in Twin Pines Park. All proceeds are used for the restoration and maintenance of this richly historical community building. Luncheons are served on the 4th Friday of each month, by reservation only. Reservations made by calling 592-3366. No luncheons in the months of May, November or December.

1870 Art Center

1870 Ralston Avenue, (650) 595-9679

1870 Art Center is a complex of professional artists' individual working studios and an established art gallery. They include painters and sculptors in a variety of media; jewelers, photographers potters and weavers.

Exhibits are changed regularly in the central Gallery. The studios are open to interested visitors, student groups, and organized tours. Painting, drawing, and sculpture classes are currently being held. **Hours:** The complex is open on weekdays and frequently on weekends. The Gallery is open Thursday through Sunday, 1pm to 5pm or by appointment. **Open Studios are held twice a year and again in December (the annual Holiday Art Show and Sale).**

- Twin Pines Art Center -

The Twin Pines Art Center is a coalition of studio artists and three arts organizations: the Belmont Arts Council, Kollage Community School for the Arts, and the Silicon Valley Art Museum Headquarters. The Belmont Arts Council's Gallery offers changing exhibitions of work by local artists. Kollage's administration occupies the corner office and staffs the reception desk. The Art Museum's Headquarters includes the formal Gallery, Museum Store and Members' Library. Twelve rooms on the second floor (plus the penthouse) provide working studios for visual

The Belmont Arts Council changes exhibitions each month. The Art Museum installs a new exhibition three or four times a year. The Studio Artists upstairs participate in the Open Studios program twice a year, in May and in November.

The Twin Pines Art Center welcomes visitors 11 to 5 weekdays and 1 to 4 on weekends. For more information, please call the Belmont Arts Council (591-6950); Kollage School for the Arts (592-8842); or the Art Museum (654-4068 or 594-1577) for the museum studio artists.



Park & Recreation Facilities

Twin Pines Senior & Community Center



The City of Belmont Parks and Recreation Department has five unique facilities available for weddings, parties, banquets, retreats and community meetings. Located in picturesque Twin Pines Park, 1225 Ralston Ave, are the Twin Pines Senior and Community Center, Lodge Recreation building, and the Cottage. Additionally, Twin Pines Park has a group picnic area located at the west end of the park. The area features seating for 100 people, large barbecue, serving tables, children's playground area and water. The City's newest facility is the Belmont Sports Complex and Conference Center located at 550 Island Parkway. This is an ideal facility for training opportunities, seminars, as well as private parties. The Complex has seating for 125 and can accommodate up to 170 people. The final facility that we are pleased to offer for public use is the Barrett Community Center located at 1835 Belburn Drive. The Center is perfect for children's parties, meetings or other social gatherings. Applications must be filed in person at the Belmont Recreation Department. For all facility questions and rental inquiries call Francis Mason at 650-637-2927.

Twin Pines Park Lodge



Twin Pines Park Cottage



Barrett Community Center



Conference Center



Registration Information

Walk In

Both residents and non-residents may register in person starting **April 21st**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY TO AVOID CANCELLATION OR FILLING UP. Register at Twin Pines Park, 1225 Ralston Ave. (1½ blocks west of El Camino). Office hours are Monday through Friday, 8:00am-5:00pm.



Mail-In Registration Starts NOW!

Mail in registration begins with delivery of the activity guide. Belmont Residents registration will be processed first in the order received. Non-resident registration will be held until **April 21st** then processed in the order received. Mail completed registration form and check, made payable to:

City of Belmont
1225 Ralston Ave.
Belmont, CA 94002-1902
Attn: Registration

Fax Registration 595-7419

Fax registration will be accepted if you plan to pay by VISA or Mastercard ONLY! Please write clearly! Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.

Refunds & Credit Vouchers

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be given only for classes canceled or closed by the Recreation Department. A credit voucher/refund will be given if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue. Classes will not be pro-rated for missed sessions.



Family Registration Form

Belmont Parks & Recreation Department

- ⇒ Complete registration information below
- ⇒ Make check or money order payable to: CITY OF BELMONT
- ⇒ MAIL TO: Belmont Parks & Recreation Department
1225 Ralston Ave., Belmont, CA 94002-1902
- ⇒ Fax your credit card registration to: 595-7419

It's Easy! Use your Credit Card!

Card Number _____
Exp. Date _____ ☐ Visa ☐ Mastercard
Signature _____
Cardholders Name (Print) _____
Paid _____

I hereby absolve the City of Belmont, its employees and officers from all liability that may arise as the result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees and officers from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature _____ Date _____ ☐ Parent ☐ Guardian ☐ Participant

Payee Information (Person paying for Registration) _____ Home Phone _____

Name _____ Day Phone _____

Address _____ City _____ Zip _____

E-Mail Address (optional) _____

Participant's Full Name	DOB	Name of Class/Level	Class Code Numbers		Program Fee	
			1st Choice	2nd Choice	Res	Non

Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?
YES, please contact me for more information about my needs.

Total Fees



SUMMER CONCERT SERIES

JUNE 13th - JULY 25th

Twin Pines Park, 1219 Ralston Ave

Performances are Sunday afternoons 1-4pm

Seating on the lawn.

These **FREE** concerts are produced by the **BELMONT PARK BOOSTERS** with the cooperation of the Belmont Parks & Recreation Department.

Refreshments are available. (Proceeds make these concerts possible)

Eat, drink & ENJOY!

Concert Schedule :

June 13 - Rick Serra and the Blues Wave	Great Blues
June 20 - Daddy O	Fun 50's
June 27 - Jack Aces	Classic Rock
July 4 - Toot Sweet	Dixieland Jazz
July 11 - McCarty & Company	Country Western
July 18 - The Internationals	Dance to the Music
July 25 - D-5	Rockin' the Park



##Certified Farmers' Market

South Caltrain Parking Lot on El Camino Real

Every Sunday from May 2 - Nov.14

9:00am - 1:00pm

Come visit the Belmont Certified Farmers' Market to taste and buy some of the season's freshest fruits and vegetables, fresh Artisan Breads and Pastries.

Market is open every Sunday, rain or shine, until November 14

Parks & Recreation - The benefits are endless!

Belmont Parks & Recreation Department
1225 Ralston Avenue
Belmont, CA 94002-1902

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